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MONDAY, AUGUST 22, 2016



WORLDCLASS

AKEEM HAYNES
Calgary's own brings home bronze



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Team Canada's flag-bearer Penny Oleksiak enters Maracanã Stadium during the closing ceremony of the 2016 Olympic summer games in Rio de Janeiro.

TORSTAR NEWS SERVICE



CANADA'S FINAL HAUL RIO

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STK# KCS003



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STK# KCS004



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Transit app upgraded

CALGARY TRANSIT

Bugs fixed, data shared for improved user experience

Helen Pike
Metro | Calgary

With new push notifications, a CTrain map and more; Calgary's transit app is giving users a commute plan in the palm of their hands.

Calgary Transit's app was launched April 2015 to mixed reviews. Real-time updates were a newfangled service and had some software kinks, so the app did, too. But as the updates with the app proceeded, bugs were ironed out to a more polished product.

So far, over 130,000 users have downloaded the app, 85,000 on their iPhones, and 47,638 for Android.

"I have the app," said transit user Alyssa Echano. "It keeps me organized when I'm leaving the house because you can stay up to date with the times. I think it's great to have, I wouldn't change it."

What Echano may not have noticed are the tweaks transit made along the way.

Stephen Tauro, customer service co-ordinator with Calgary Transit, said new additions to the app include stop reminders, bus arrival reminders, and detour

information — some of which are push notifications that pop up on your screen, if enabled.

"Those alerts are very new," said Tauro. "Customers have been taking advantage of the alerts for upcoming detours, upcoming CTrain maintenance and that kind of thing."

Tauro added they've managed to shake the real-time oddities out of the system with the help of customer feedback. Now, customers are happy with the performance.

"With any tech project, you may think you have it right in the lab, but once it's released there's real-life situations and things that can pop up," said Tauro. "Over the year we've been collecting all of that data and working with vendors to improve the real-time data. We're at a point now where it's working for the most part."

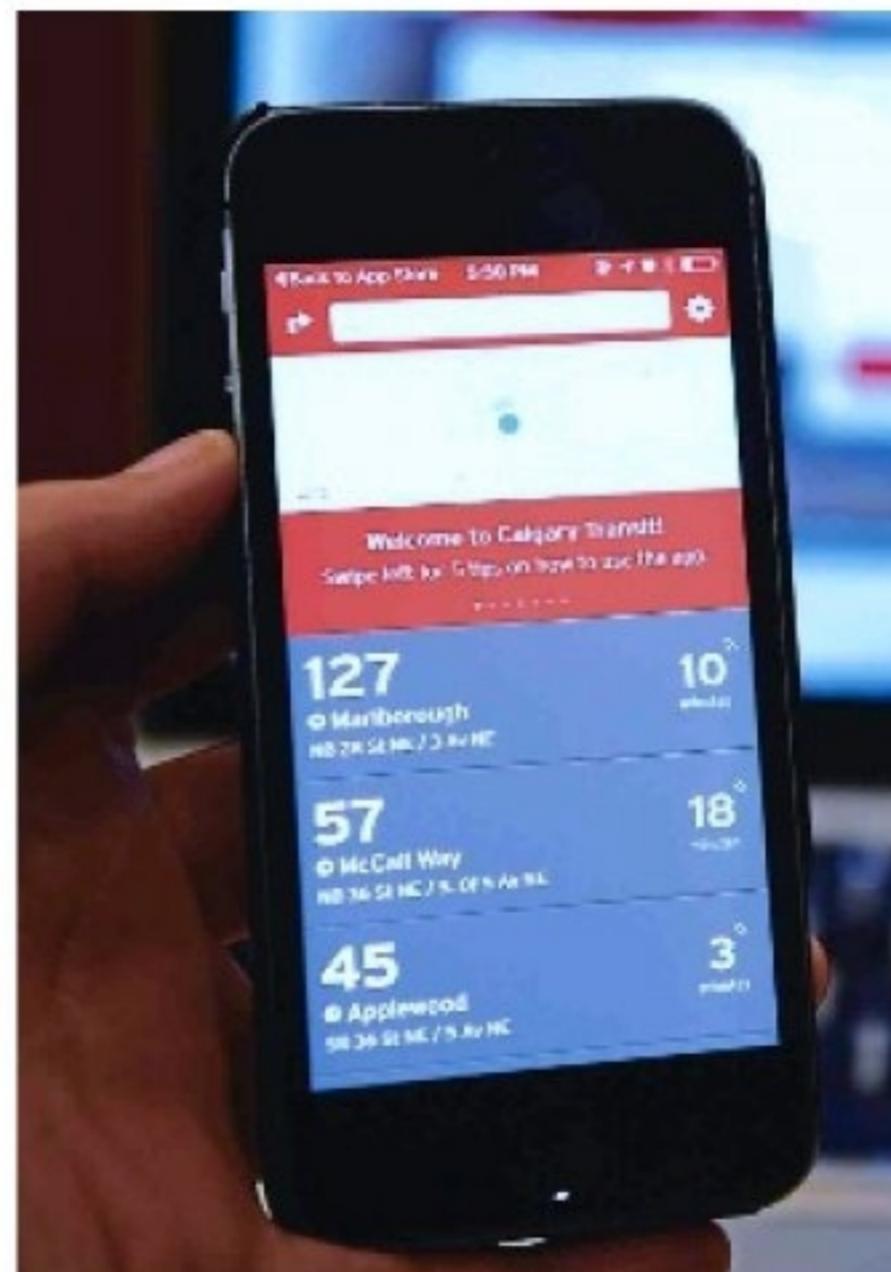
Transit has since opened up options for customers further with an open data set for their real-time locations now available to app developers.

This means there are several ways to get info about getting from point A to B — including good old Google Maps.

"It's open data, so there's a lot of developers like students and young developers taking

Customers have been taking advantage of the alerts ... upcoming CTrain maintenance and that kind of thing.

Stephen Tauro, customer service co-ordinator



Calgary Transit's app has evolved in a year since its launch.

HELEN PIKE / METRO

that data and creating great platforms to view that information,"

said Tauro. "We don't see it as completion, we see it as options."

Tauro said it's not about having users only download the city's own app, but offering a variety to customers who may

have different needs.

Although transit wouldn't get into specifics, they did say a major update is coming to their app, which has to do with real-time customer feedback. It's expected this will be launched in the fall and more details will be announced then.

Currently a lot of the complaint processes happen over Twitter, or the customer satisfaction call centre line, where detailed reports can be filed.

WITH FILES FROM JENNIFER FRIESEN

WORD ON THE STREET

Riders' reactions

I use transit a lot so I can use the app at any time to know to plan my day. It's easier (than the website) because when you're on the go it's simple to use and faster.

Brian Mgovi



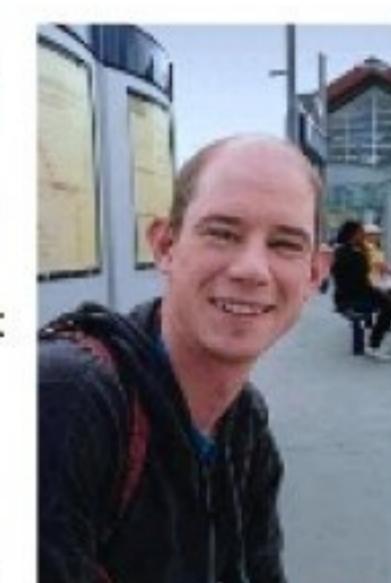
I didn't even know that there was an app. I don't think I'll get it anyway, the transit isn't that bad, so I don't mind just texting and waiting. And if I need news about transit I just go onto their Twitter.

Trisha Truong

I don't use the app, because there's Google. It shows you train times and bus times so you can plan your whole route in the most efficient fashion.

You can do it in two seconds so it's quite effective as an alternative to that app.

Arthur Liboiron



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Jennifer
Friesen
For Metro

After living in Colombia for 15 months, a scavenger hunt through the yellow pages led one couple to a mission they've chased for nearly two decades.

Marlene and Bob Wiens travelled to the country for Bob's work, but, with Marlene's background in physiotherapy, she was looking to help people with disabilities. She pulled out the Bucaramanga phone book and soon found her way to four mothers who had children with disabilities.

"I saw these kids — and I saw they were highly compromised — so I asked the mothers what it was they really wanted for their children," she said. "One

of the mothers popped up and said, 'We want our kids to go to school.' And, really, that's how it all started."

Soon, three of the four children were accepted into school. But then they asked themselves, now what?

They spent months setting up a community organization called Friends of Children with Disability for their Inclusion into the Community, which runs independently to this day.

The couple returned to Calgary, where Marlene took her master's degree in Community Rehabilitation and Disability Studies. They registered a new Canadian charity: Canadian Association for Participatory Development (CAPD).

The not-for-profit supports community-based organizations in Colombia through financial assistance from the Colombian Rotary Club, the Albertan government and private foundations.

The main projects are support groups for people with physical and developmental disabilities, the Safe Water for Families Program, which installs water filters



Marlene and Bob Wiens return to Colombia twice a year to follow up on CAPD's projects.

JENNIFER FRIESEN/FOR METRO

in family homes, and the Green Light Education Assistance Program, which provides uniforms and school supplies for low-income families.

Bob began working with BioSand water filters in 2007, developed at the University of Calgary. On his trips back to Co-

lombia, he would promote the filters "to anyone who would listen."

"There are significant areas in Colombia where the water is not only scarce, but incredibly contaminated," said Bob. "But with these filters, you can pour some really chocolatey-looking

water one study, the filters reduce household diarrhea by 35-45 per cent.

"One day I was wandering through an area that have the most water filters on a followup trip," said Marlene.

"People just loved them, they loved the taste. Mothers would

 LET US KNOW

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tell me about how the health of the children had improved — they weren't sick anymore, they could go to school."

Through all their work, Marlene and Bob say their main objective is "capacity building."

They want to give the communities sustainable tools to keep these organizations running on their own.

"We're two countries supporting each other," said Marlene.

"It's a two-way street. Because you can come down with your ideas and your agenda, but you can't impose that on other people."

"Establishing trust doesn't happen in the blink of an eye, but these people are like our family now."

"Seeing them succeed is really what keeps us going."

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PUBLIC HEALTH

Beware blue-green algae: Officials



Jeremy
Simes
For Metro | Calgary



Blue-green algae in a flask.

WIKIMEDIA COMMONS

There has been a 13 per cent increase in blue-green algae blooms across the province this year, and, though the jump isn't out of the norm, Alberta Health Services (AHS) has been advising Albertans to be wary of the organisms.

On Aug. 2, AHS said there were 26 blue-green algae advisories, a 13 per cent increase from 23 blue-green algae advisories it issued during summer 2015.

On that same date, AHS had issued six contaminated water advisories, a 14 per cent drop from the seven advisories it issued in summer 2015. Also, two of this year's advisories have been dropped.

"This variation is not unexpected as a number of factors — including water temperature, weather conditions and the amount of nutrients available — can influence the growth of blue-green algae, which is why some variation in growth is expected to be seen year to year," AHS said in a statement.

Blue-green algae is a type of bacteria that occurs naturally in many lakes, ponds and reservoirs across the province. It can rapidly multiply during the

summer, leading to extensive growth that AHS calls bloom.

Blue-green algae bloom also doesn't always appear blue-green in colour, AHS said. It can look greenish-brown, brown or red/pink, and often smell musty or grassy.

"Depending upon the species, composition, and age of the bloom, it may appear like grass clippings, globules, fuzz balls or paint/pea soup," AHS said. "Decomposing blooms can appear discolored (white, purple) and smell of ammonia."

AHS advises people avoid all contact with it, and pets shouldn't be fed whole fish or fish trimmings from the bodies of water affected.

People should also avoid the consumption of whole fish and fish trimming from affected lakes, as it's fish may store toxins in their liver. However, fish

 HEALTH RISKS

 When in contact, blue-green algae can cause:

- skin irritation and rash
- sore throat
- sore, red eyes
- swelling of the lips
- hay-fever symptoms (e.g., stuffy nose)

 If consumed, blue-green algae can cause:

- headache
- diarrhea
- weakness
- liver damage
- fever (temperature over 38.5 °C or 101.3 °F)
- nausea and vomiting
- muscle and joint pain
- cramps in the abdomen
- potential fatality

fillets are OK to eat.

AHS said it typically lifts advisories in late autumn, several weeks after water temperatures cool to such an extent as to no longer support blue-green algae growth.

"This approach ensures that the advisories remain in place until such time as AHS is certain that the risks associated with blue-green algae (cyanobacteria) blooms, and/or their toxin, are minimal," AHS said.

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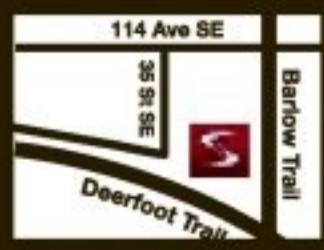
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ASK HER

Gala to raise cash for female candidates

The women behind an organization that promotes getting more women into politics is planning its first major fundraising event.

The board of Ask Her has announced "Fund Her," a gala that will bring people together and raise funds for women who plan to run in Calgary's 2017 municipal election.

"It's going to be a cocktail affair," said Ask Her president Esmahan Razavi. "There'll be lots of room for discussion to meet like-minded people — people who are

interested in municipal politics."

The event will be held at Sheraton Eau Claire on Oct. 5. There will be 500 tickets available for \$100 apiece, and proceeds will go equally to all women who run in the election.

"Research consistently shows that women are at a disadvantage when it comes to raising funds for their election campaigns," said Ask Her co-founder Kerry Cundal. "Our goal has always been to provide women with tangible support so that they can

Our goal has always been to provide women with tangible support.

Kerry Cundal

run viable campaigns."

Razavi said they have not yet secured their keynote speaker,

but said they're hoping to secure a woman who holds a leadership position to talk about her personal experience.

While Ask Her has now encouraged three women to sign up to run, the group still wants to chat with more women thinking about running for office.

"I was approached again today," said Razavi. "It's not too late — there's still plenty of time.

Anyone looking to contact the group can do so by email at info@ask-her.org. BRODIE THOMAS/METRO



Faith Greaves is a nurturer by nature, whether it's her plants, youth, or her community. She wants to bring that experience to city council in 2017. BRODIE THOMAS/METRO

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Group wants women to run

POLITICS

Organization encourages women to enter council race

Brodie Thomas
Metro | Calgary

If you build it, they will come, and if you ask her, she will run.

That's the idea behind an organization called Ask Her YYC, which can now claim at least two victories in their goal of getting more women running for council.

Faith Greaves and Grace Nelson both have their names on Calgary's election registry, and both are now getting ready to run in the 2017 election. For Greaves, she said she made the decision to run after a discussion with Ask Her board members Esmahan Razavi and Kerry Cundal.

"I just looked at my entire life and I said I have nothing to lose here. I have more to win and gain and help build communities," she said.

She is currently working to launch Mozia Women's Network Society — a group that wants to help empower Canadian African and Caribbean women and youth through mentorship and training.

Greaves has been heavily involved in community building throughout her life, and working in human services — assisting families with challenges.

She said she thinks the female viewpoint is currently lacking from the city council.

"We are the foundation, we are mothers. We are nurturers. Council needs to have people there who understand those issues."

Like Greaves, Grace Nelson found the encouragement to finally put her name forward after contacting Ask Her.

"It's about time. I'm a plus-50 person and I feel now I have the skills and the mindset to handle this big position," said Nelson.

She has worked as a teacher and was involved with the Alberta Teachers Association at a provincial level, as well as serving on many boards. Nelson has many issues she wants to address, such as aging in place for seniors and finding a solution for rising tax bills.

IN BRIEF

Man dead after rollover

A man is dead following a rollover west of High River on Saturday night. One male, believed to be in his late 20s, was declared dead on scene by paramedics. Paramedics found a pickup truck involved in a rollover. Both occupants had been ejected from the vehicle. METRO

Bus taken for a joyride: Police

Police apprehended a suspect after someone stole a Calgary Transit bus and took it for a joyride Sunday morning. Calgary Transit spokesman Ron Collins said the bus was taken after the driver stepped off to use the bathroom. Nobody was injured. METRO

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Making it at the Maker Faire

The annual Maker Faire made its way through the Telus Spark on Sunday, giving Calgary's up-and-coming creators a chance to show off the amazing feats of craftsmanship they accomplished with their hands, dreams and a little bit of gumption.

TEXT AND PHOTOS: AARON CHATHA/METRO



1 Amplifier

Chris Czech assembled a guitar amplifier throughout the day, using vacuum tubes, as he often does with his company Swamp Donkey Amps. "When I was a kid, I was taking apart old radios and TV sets and then in high school they taught me this," he said. "What really got me into it was diagnosing problems." Czech spent 25 years working in a completely different career before returning to his passion.



4 3D-print recycling

Colin Pischke, owner of Print Your Mind 3D, was showing off his 3D-printed prosthetic hands — and discussing how to make printing a cleaner technology. "Anybody who owns a 3D printer, they create a lot of waste, but there's no solution for what to do with that," he said. He hopes to find ways to reuse the material — and to 3D-print components to help grow food.

2 Tesla coils

Ten-year-old Aprid Mayer is really smart. He spent the Faire showing off his Tesla coils. "A Tesla coil is an air coil resonant transformer that creates a magnetic field from the primary coil to the secondary coil. It also transforms the voltage," he stated matter-of-fact-like. Then he made the coils play Beethoven.



3 Tiny Overlord

Wilson Leong used the Faire as a chance to playtest his latest game — Tiny Overlord. "Essentially, it's a side-scrolling shooting game," he explained. "You play as an escaped robot. You're out of control, destroying cities and taking over the world." He said game design has been a growing passion, and was promoting the resources available through the Calgary Game Developers Association.



5 Mouse armour

It's fully functional armour made for mice. "You need some magic in the world," said creator Jeff de Boer. "I think there's a real metaphor here for a little guy surviving in a hostile world." Unfortunately, getting mice in the armour can be a bit difficult. Which is kind of a shame, considering how many real-life dangers, like cats, are out to get them. Also, de Boer makes cat armour too.

6 Thought-controlled dress

Originally created for Make Fashion, Angela Coombes' thought-controlled dress changes colour to show how the mind reacts while on music. "Anything that's reds and yellows is higher-frequency activity and blues and purples are lower-frequency, more meditative, relaxed states," she explained. Since the dress debuted, it's been touring at Make Fashion events internationally.



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Canada's Brendon Rodney, left, and Akeem Haynes celebrate following the men's 4x100-metre relay final at the Olympics in Rio de Janeiro on Friday. FRANK GUNN/THE CANADIAN PRESS

Sprinter refuses to take it slow

OLYMPICS

Medal in hand, Calgary runner may set sights on CFL again

 **Mathew Silver**
For Metro | Calgary

Amid all of the uncertainty of the men's 4x100-metre finals in Rio, Akeem Haynes knew one thing: The race would be over in a flash.

"We knew it would be fast," the Crescent Heights High School alum said when contacted in Rio, "but at the same time it doesn't matter who you're against. We were still going for gold."

Haynes, of course, is referring to the likes of Usain Bolt, Tyson Gay and Ryota Yamagata — just a few of the running elite that would occupy the lanes beside him and compete

for Olympic glory.

Just as Haynes predicted, it was fast. So fast that his team set a new national record of 37.64 and were still in fourth place when teammate Andre De Grasse crossed the finish line.

It looked like the Canadians would be held off the podium until the United States' team was disqualified for an illegal baton exchange. The Americans filed an appeal, which meant Haynes and his teammates would need to wait to find out their results.

The appeal was ultimately denied, and Haynes will return home on Tuesday with a bronze medal in tow. But if it weren't for his high-school track coach, Haynes might have chosen football over sprinting.

"Akeem was one of our stars," said Ken Rose, Haynes' coach at Crescent Heights.

According to Rose, Haynes had a number of universities interested in employing his lightning speed on the gridiron, but Rose implored him to

It doesn't matter who you're against. We were still going for gold.

Akeem Haynes

weigh the long-term prospects.

He told him that if he pursued football he could get a degree, but if he pursued sprinting he could set his sights on the Olympics. Haynes took his coach's advice, and the result was a bronze medal and the fastest 4x100 team in Canadian history.

And while it seems like Haynes would be satisfied with his success on the track, he still hasn't lost sight of his football dreams.

Rose said Haynes could certainly get a tryout with a CFL team and probably even make the cut. "I wouldn't rule it out," said Haynes.

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Woman scarred by hijab diatribe

INTOLERANCE

Peter's Drive-In confrontation was no crime, police declare

Lucie Edwardson
Metro | Calgary

What was meant to be a fun family trip to local favourite Peter's Drive-In became a scarring experience for one Calgary woman.

Lubna Akl said she and her family went to the drive-in around 9:30 p.m. on Wednesday evening.

"When I drove up to the speaker to order, someone turned up the music in their vehicle very loud. And I tried to give them my order, but they couldn't hear me," she said. "I looked around to see who it was, and it was a white truck also in the drive-thru parallel to me."

Akl said what happened next shocked her.

"The lady in the passenger seat was waving both her middle fingers at me and yelling, 'Go back to your country you stupid c-t,'" she said.

Akl said things escalated from there.

"I lifted up my phone to take a picture of her, and she ran out of her car, up to my window and had her fingers on my window and swearing at me," she said.

Then Akl got out of her

"I told her I was born and raised here. This is my country; where am I supposed to go?"

Unsure of what else to do, Akl called the police.

Calgary police confirmed they attended the incident, but after speaking with both parties determined no threat of violence or physical altercation had taken place and no crime was committed.

Akl said she understands this and said she was happy with how police handled the situation.

The lady in the passenger seat was waving both her middle fingers at me and yelling, 'Go back to your country.' Lubna Akl

vehicle to confront the lady. She said the woman got very close to her face and told her to "go back to your country with your hijab," (meaning Akl's hijab).

"This woman was looking for trouble the second she saw me. She wasn't looking for information or conversation," she said.

"They came, they gave me moral support and comforted me," she said. That's more than any of the witnesses did, according to Akl.

"They were all too concerned with taking photos," she said. "I really could have used some back-up in that situation."



Dawn Ladds-Bond crosses the finish line of the Edmonton Marathon in the top spot with a time of 3:10:32. RYAN TUMILTY/METRO IN EDMONTON

Calgarian tops competition in the Edmonton Marathon

Ryan Tumilty
Metro | Edmonton

A runner from Calgary was first across the line in the Edmonton Marathon on Sunday.

Dawn Ladds-Bond, 37, won the marathon in the women's division with a time of 3:10:32 and was thrilled at the finish line.

"It's crazy; I love it," she said. "It's unreal. I can't believe I won today."

She said the Edmonton race is great, with enthusiastic crowds and lots of support. She said a good start is the key on the course.

"If you play your cards right in the first half, then the second half is pretty forgiving," she said.

Ladds-Bond, who last ran the

race in 2011, said she has seen a lot of change in the event.

"It feels more like a big-city marathon. It was always great, but before it felt a little cozier and a little smaller," she said.

Ladds-Bond was among 4,500 people participating in Sunday's race, which included people in the full marathon, half marathon as well as 10-kilometre and five-kilometre events.

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Horror comes out of the basement

THEATRE

New focus on horror brings out both camp and truly grim

Aaron Chatha
Metro | Calgary

Emerging artists company Theatre BSMT (Basement) is emerging from the shadows with a radically new mandate: They're going into the horror business.

Artistic producer Ryan Reese said the company will still respect their original goals of providing platforms and mentorship to emerging artists, just with a spookier focus.

They're also adding two scary shows to their season.

Near Halloween, audiences will be dragged away by The Underneath, which Reese calls "Evil Dead 2 meets Jaws 3." The plot revolves around a sleepy seaside town being attacked by



Artistic producer Ryan Reese is ready to turn out the lights and experiment with truly spooking an audience. AARON CHATHA/METRO

a tentacle monster. All kinds of hilarious horror tropes come into play in what Reese bills as a campy, raunchy show.

The Underneath will be followed by the much more bleak The Curing Room.

The production follows seven Soviet soldiers captured during World War II. They're stripped of their possessions and thrown into an empty basement — where they are essentially forgotten about.

"I can't give away much, but it will probably be the most intense play Calgary's seen in a very long time," said Reese.

He feels there is a lot more that can be done with horror in a theatre setting, and Theatre BSMT will be one of the few in the country playing with that.

"We're focused on making the audience part of the world — without making it too crazy to the point they walk out," Reese said.

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Volunteers get refugees riding

COMMUNITY

Bike tune-up event ensures Syrians' bikes roadworthy

 **Mathew Silver**
For Metro | Calgary

Thanks to some Calgary volunteers, Syrian refugees will be cruising around the city on safe bicycles.

The Syrian Refugee Support Group and the Calgary Tool Library teamed up on Sunday to host the Bike Tune-Up-A-Thon, an event dedicated to transforming donated bicycles into reliable transportation for refugees.

The SRSG brought the bikes and the Calgary Tool Library brought the instruments, while bike experts converged at the Bridgeland-Riverside Community Association to put their talents towards a good cause.

Bikes have become a high priority for refugees without access



Andy Tong, left, who runs the Bicycle Repair Hub, Gina Eaton, and Selena Gignac all played a role in making the first ever Bike Tune-Up-A-Thon a success. MATTHEW SILVER/FOR METRO

to cars, as they are an important part of childhood, and allow parents to get to their new jobs or run errands.

According to Gina Eaton, a member of the refugee support

group, there was an outpouring of support for refugees when they arrived in Calgary.

People were bringing in truckloads of items including bikes, but the two-wheelers were be-

coming a safety issue.

She recalled seeing the back wheels wobble as some bikes rolled away.

"Some of (the bikes) were not mechanically sound... I just

wanted it to be a safer situation," she said.

So Eaton started reaching out to mechanics to help fix up the bikes, and that's when she was contacted by the general man-

+ DONATIONS

You can donate your bicycles by contacting the **Syrian Refugee Support Group** on Facebook.

ager of the Calgary Tool Library, Nathan Gignac.

The Calgary Tool Library was founded in June of 2014 to undercut the cost of projects involving tools, and for Gignac, this project was the perfect opportunity to give back to the community.

At first, Eaton brought Gignac 40 bikes from her house, and his volunteers were able to get them to refugees. The Tune-Up-A-Thon is the next step in what looks to be a long lasting relationship.

And while Gignac is tasked with making sure that there are opportunities for his volunteers to have meaningful, rewarding experiences, he says the efforts have had a profound impact on him.

"This job has been incredibly rewarding for me and really healthy, and it has provided me opportunities to grow," said Gignac.

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Water is 'freedom'

INCLUSION

Surfers with disabilities hit the waves at N.S. beach

Surfers of all abilities hit the water at a Nova Scotia beach this weekend for They Will Surf Again, an event that allows people with disabilities to enjoy the freedom of riding the waves.

More than 40 people with disabilities, including 14 recent immigrants from Syria and Iraq, signed up for the event at Martinique Beach near Halifax on Saturday. Organizers say it is the only Canadian stop for Life Rolls On, which sets up similar events in cities across the continent.

Jesse Billauer, who founded the U.S.-based organization after a surfing accident rendered him quadriplegic around 20 years ago, flew in from California to support the roughly 115 volunteers assisting with the event.

"It makes you feel weightless ... A lot of people in wheelchairs don't get that sensation," Billauer says. "By being able to get out into the ocean, (they) have that freedom and independence they might have lost."

Justin Burdon, who has a brain injury, experienced the ocean for the first time in 12



Justin Burdon, who is dependent on a wheelchair, reacts while surfing in the Atlantic Ocean for the first time in 12 years during a surf event for people with disabilities at Martinique Beach Provincial Park in Musquodoboit Harbour on Saturday. DARREN CALABRESE/THE CANADIAN PRESS

years as he rolled along the waves with a full-faced grin, his surfboard guided by a group of volunteers.

His mother, Elizabeth Burdon, says "his smile says it all." She says it's usually hard for individuals with disabilities to get to the beach.

"When you're restricted physically in your body ... I think being able to move along effortlessly on a surfboard in the water

must just seem like freedom," she says. "(You're) on par with everybody else."

Ali Allawi, who came to Halifax from Iraq two years ago, swam behind his sons Hussein and Ayoob, both of whom have disabilities, as they surfed for the first time.

"When I see all the people with disabilities, not just for my sons ... enjoy (themselves), I am happy," Allawi says. "We're very

happy in Canada."

Vicki Morton and Rick Rector held hands as they made their way into the water.

At the inaugural Nova Scotia event in 2014, Morton, balanced on her one leg during her first time on a surfboard. She brought Rector, who lost part of one leg, along this year.

"A lot of people look forward all year to something like this," Morton said. THE CANADIAN PRESS

POLITICS

Philpott aims to shed expense controversy at cabinet retreat

Prime Minister Justin Trudeau and his cabinet went back to school Sunday with one minister — Jane Philpott — trying to shed her newfound reputation as a problem pupil.

The health minister used the start of a two-day cabinet retreat at Laurentian University to apologize in person for repeatedly using a pricey luxury car service owned by a man who volunteered on her election campaign last fall.

Casting the controversy as a learning experience for all ministers, Philpott repeated her vow, made in a written statement last week, to reimburse at least



Health Minister Jane Philpott
THE CANADIAN PRESS

\$3,700.

"I'm happy now to say in person, in front of all of you, that I apologize for what took place,"

Philpott told reporters on her way into the retreat, her first public appearance since the controversy broke last week.

"The costs were too high. Those costs were inappropriate and I apologize for that."

Philpott called the controversy "a mistake" and insisted she never deliberately intended "to do anything that was wrong."

Still, she admitted that she could have been more clear when she told Parliament, in a written response to an opposition question placed on the House of Commons order paper, that she'd never used a limousine service.

THE CANADIAN PRESS

Liberals eyeing exceptions to Tories' mandatory minimums

The Liberal government is studying the idea of building some wiggle room into the controversial convention of mandatory minimum sentences to avoid unduly harsh

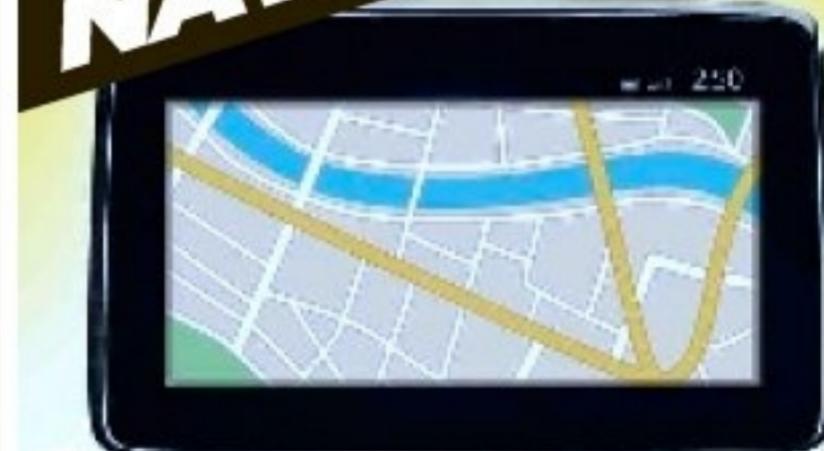
penalties in cases that don't warrant them.

The examination is part of a federal review of changes to the criminal justice system and sentencing reforms ushered

in by the previous Conservative government, a frequent champion of setting minimum penalties for crimes involving drugs, guns and sexual exploitation. THE CANADIAN PRESS

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Lodging fit for a hobbit

LE HOBBIT

Quebec resort boasts green lodge inspired by Tolkien

Living in a hole in the ground isn't anyone's ideal.

But to quote J.R.R. Tolkien, hobbit holes are not nasty, dirty, wet holes filled with the ends of worms and an oozy smell.

No, hobbit holes mean comfort. With the popularity of Tolkien's famous dugouts persisting, a lodge close to Montreal is trying to give people that sense of comfort — minus the troublesome wizards interrupting important party business.

Entre Cimes & Racines, near Eastman, Que., is a collection of 12 "ecolodges," where people can glamp, or glamour-camp. None of the houses has electricity, and the toilets are outhouses. But there are beds, wood-burning stoves for heat, and of course a roof.

Since 2011, the lodges have included one seemingly pulled



This "hobbit" house at Entre Cimes & Racines in Quebec was built partly underground and has a green roof. The circular door and windows and the stone and wood interior lend this ecolodge a "Tolkienesque" air. CONTRIBUTED/TORSTAR NEWS SERVICE

out of Tolkien's imagination, called "le hobbit."

Where the other lodges are all built with timber from the surrounding forest, le hobbit is an underground lair — much like hobbit holes.

One of the three brothers

who own the property wanted to try something similar after being inspired by cave dwellings he frequently visited in Europe, said Michele Gagnon, a manager at Entre Cimes & Racines.

"When he came back here

he said, 'Why don't we build something under the earth,' and then they thought of the hobbit house," Gagnon said.

The dwelling was built totally from imagination, using no blueprints, Gagnon said.

The hobbit-like look was

+ SHIRE-CHIC

Le hobbit is only one of dozens of hobbit-based lodgings across the world.

In Trout Creek, Mont., a listing invites travellers to stay in a whole area modelled after the Shire.

In Orondo, Wash., a lodging called "Tiny House in the Shire" features the iconic green door seen in the movie adaptations of The Lord of the Rings.

In Talkeetna, Alaska, "the Hobbit cabin" offers a similar feel, without the signature round door, but includes the sod roof that makes the whole thing look as if it's built into a hill.

achieved mostly through the big round windows and door. People immediately fell in love with it, Gagnon said.

"It's rented out on weekends three years in advance," she said. TORSTAR NEWS SERVICE

SASKATCHEWAN Councillor criticized for post on Facebook

A Saskatchewan reeve says the future of a councillor who posted an online comment about the shooting death of an aboriginal man will be a topic at an upcoming meeting.

A screen-grab of the post, from a user named Ben Kautz, was widely circulated after the death of Colten Boushie earlier this month.

Boushie, 22, of the Red Pheasant First Nation was killed after the vehicle he was in drove onto a farm in the rural municipality of Glenside, west of Saskatoon.

The property-owner, 54-year-old Gerald Stanley, is charged with second-degree murder. He has pleaded not guilty and was granted bail Friday.

"His only mistake was leaving three witnesses," read the post on a Saskatchewan farmers group Facebook page. The group has since been closed.

Kautz, a farmer near the small town of Lampman, southeast of Regina, is a councillor with the rural municipality of Browning.

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Green Party Leader Elizabeth May in November 2015.

ADRIAN WYLD/THE CANADIAN PRESS

Greens fear losing May

POLITICS

Controversial Israel motion could cost party its leader

It would be a "great blow" to the Green party if Elizabeth May decides to walk away as leader, one of its deputies said Sunday.

Daniel Green, a Quebec environmentalist who joined the party specifically because May asked him to, said he is hopeful the leader will be convinced to stick with the Greens as they attempt to close a policy divide exposed at a convention in Ottawa this month.

"If she was in front of me now, what I would tell her is 'give us a chance to try to resolve this issue,'" Green told the press.

"Elizabeth is the figure head, is the heart and soul of the Green Party of Canada."

May, who has been on vacation in Nova Scotia, was expected to discuss her future Sunday night during a scheduled

teleconference with members of the party's federal council.

She was not expected to speak publicly immediately afterward.

May has been debating whether she wants to keep her position after the Greens passed a controversial resolution supporting a movement boycotting Israel — Boycott, Divestment and Sanctions (BDS) — which Parliament voted to reject in February.

The decision was quickly denounced by some Jewish groups and it also caused fierce debate inside the Green party.

There is no doubt that May has been personally "heartbroken" following the convention, Green said.

If May decides to stay on, the party will have to review the way it makes its policy decisions, Green added.

May is the only elected Green MP in the House of Commons, representing the B.C. riding of Saanich-Gulf Islands.

The party is hopeful electoral reform efforts could eventually result in more seats.

THE CANADIAN PRESS

ARMED FORCES

Canadian soldier charged in Britain

A Canadian soldier who served in Afghanistan is facing charges in the United Kingdom.

A statement from the military provided to The Canadian Press does not elaborate on the nature of the charges against Cpl. Jason Moore, 42.

However it says the allegations against him go against the "ethics and the values" of the Canadian Armed Forces.

A British newspaper reported on its website that Moore ap-

peared in court on Friday and pleaded guilty to six charges including counts of making indecent photographs of children.

The Sunday Express said Moore was to be sentenced on the charges next month.

The military says he was placed on administrative duties after his arrest last year.

The statement says Moore served in Afghanistan from Oct. 2009 to May 2010.

THE CANADIAN PRESS

HEALTH CARE

Doctors want funding for seniors' care

Canadian doctors want the federal government to make sure health care professionals have the resources they need to care for the country's aging population, says the president of the Canadian Medical Association.

Dr. Cindy Forbes said the group has been working hard on creating a strategy to care

for aging seniors, and wants to make sure funding for care is covered in a future health accord, which would set out how federal health care money is distributed to provinces.

The association has developed several recommendations it would like to see in a new agreement, including more funding

“It’s going to cost more to look after the seniors in the way they need to be looked after. Dr. Cindy Forbes

for provinces with larger populations of seniors, coverage of prescription drugs, and funding for long-term care, home care and for caregivers, Forbes said.

Doctors are already seeing the effects of an aging population and those issues will only continue to grow over the coming decades, she added.

"I'm a family physician from Nova Scotia and I see those problems arising in my practice — long waiting times to see specialists, long waiting times to be

admitted to long-term care, patients staying in hospital longer because they don't have home care," Forbes said. "We definitely know it's going to cost more to look after them in the way they need to be looked after."

Canada's last health accord expired in 2014 and, after refusing to renegotiate it, the previous Conservative government declared that the annual six per cent increase in social program funding would end in 2017.

THE CANADIAN PRESS

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People mourn for victims of a weekend attack on a wedding party that left at least 51 dead in Gaziantep in southeastern Turkey near the Syrian border. A young suicide bomber aged 12 to 14 years old, and linked to Daesh extremists, attacked a wedding filled with guests, officials said on Sunday. PHOTOS: AFP/GETTY IMAGES & THE ASSOCIATED PRESS

Child terrorist bombs wedding

MIDDLE EAST

Suicide attack leaves more than 50 people dead in Turkey

A child suicide bomber killed at least 51 people and wounded nearly 70 others at a Kurdish wedding party near Turkey's border with Syria, President Recep Tayyip Erdogan said Sunday, decrying the attack as an apparent attempt by Daesh extremists to destabilize the nation by exploiting ethnic and religious tensions.

"As of now, the preliminary conclusions by our governor's office and the police establishment point to an attack by Daesh," Erdogan said.

"It was clear that Daesh had such an organization in Gaziantep or was attempting to make room for itself in recent times," he said.

The bombing late Saturday in Gaziantep was the deadliest attack in Turkey this year.

It comes amid ongoing struggles between the government and Kurdish militants linked to the outlawed Kurdistan Workers' Party, known as the PKK, and as the country is still reeling from the aftermath of last month's failed

Any strategy meant to incite the citizens against each other will not work.

President Recep Tayyip Erdogan

coup attempt, which the government has blamed on U.S.-based Muslim cleric Fethullah Gulen and his followers.

Erdogan said immediately after the Gaziantep attack, which he blamed on Daesh, that any strategy "meant to incite the citizens against

each other along ethnic and religious lines will not work."

Later, addressing the nation before Istanbul's city hall, Erdogan said the attacker in Gaziantep was aged between 12 and 14. He said 69 people were wounded, with 17 of them in critical condition.

The pro-Kurdish political party HDP condemned the attack on the wedding, which it said was attended by many of its party members.

It said in a statement that it was "quite significant" that the attack, which it also blamed on Daesh, came hours after the Kurdistan Communities Union, a militant organization that includes the PKK,

announced plans to try to negotiate to end a three-decade conflict between Kurdish militants and the Turkish government.

"This attack targets those determined and persistent in peace, resolution, and those struggling for democracy, equality, freedom and justice," the HDP said. "The attack was planned to disable the spread of peace and success of possible negotiations."

The bride and groom weren't in life-threatening condition and were undergoing treatment, but the groom's sister and uncle were among the dead, Anadolu reported. THE ASSOCIATED PRESS

Use of kids is common with Daesh

The suicide attacker who detonated his explosives amid an outdoor Kurdish wedding party in southeastern Turkey, killing at least 51 people, was a Daesh child as young as 12 years old. The extremist group has a history of using children as weapons, sending them to their death strapped with explosives and putting them on front lines in Iraq and Syria.

The group maintains an army of child soldiers, which it calls "cubs of the caliphate," and seeks to re-educate children at Daesh-run schools, indoctrinating them with their own radical version of Islam and exposing them to violent acts, including beheadings. THE ASSOCIATED PRESS

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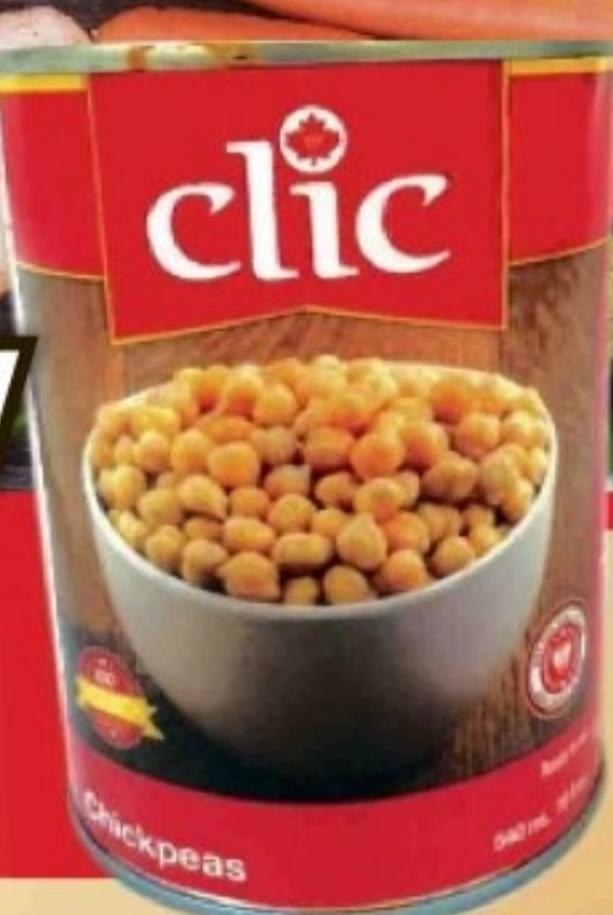


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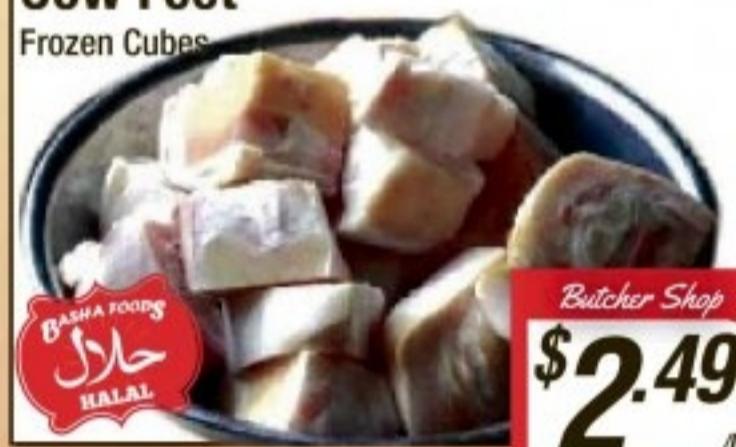
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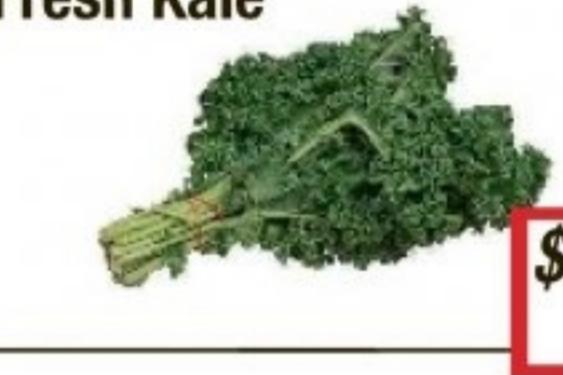
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Ali Daqneesh, 10, the brother of Omran, who gained international attention, has succumbed to his injuries. RAF SANCHEZ/TWITTER

Brother of Syrian boy in Aleppo dies

CIVIL WAR

Ali Daqneesh, 10, succumbs to injuries from air raid

The brother of a wounded Syrian boy who gained international attention has died three days after suffering serious injuries in an air raid on the northern Syrian city of Aleppo, opposition activists said Sunday.

The Britain-based Syrian Observatory for Human Rights and Aleppo-based activist Baraa al-Halaby said that Ali Daqneesh, 10, died on Saturday from wounds sustained in the same airstrike on a rebel-held neighbourhood in Aleppo.

Syrian activists released haunting footage showing Ali's brother Omran Daqneesh, 5, rescued from a partially destroyed building in the aftermath of the airstrike late Wednesday. Omran was treated

and later discharged.

The Halab Today opposition TV station posted a photo of Ali in a hospital with a tube coming out of his mouth, saying he later died from his wounds.

Omran was rescued along with his three siblings and his parents from the rubble of their partially destroyed apartment building, according to photojournalist Mahmoud Raslan, who took the memorable photo. The building collapsed about an hour after the family was rescued.

On Sunday, Raslan said Ali was wounded by a collapsing wall.

Activists reported fresh air raids on Aleppo and its suburbs on Sunday, inflicting casualties. The Observatory said the death toll of an air raid on the northern village of Orem on Saturday rose to least 25 people including three children and four women.

The Aleppo Media Center said the airstrike killed at least 16. THE ASSOCIATED PRESS

REPUBLICAN PARTY

Trump attempts to reach black voters

Republican presidential nominee Donald Trump said his party must do a better job appealing to African-American voters and that he wants the GOP to become their political home as it was in the era of Abraham Lincoln.

"I fully recognize that outreach to the African-American community is an area where the Republican Party must do better, and will do better," Trump said during a rally in Fredericksburg, located between Richmond and Washington in the critical battleground state of Virginia.

In spite of past rhetoric that alienated many minority voters, Trump said that he wants "an inclusive party." He noted that the "GOP is the party of Abraham Lincoln" and said, "I want our party to be a home of the African-American voter once again."

Trump has been working in recent days to boost his appeal among African-American voters — declaring Friday that he could win 95 per cent of the black vote at the end of his first term in office. THE ASSOCIATED PRESS

WILDFIRE California evacuees returning to homes

More mandatory evacuation orders were lifted Sunday for residents affected by a massive California wildfire that drove thousands from their homes.

Nearly all 82,000 people ordered to leave their properties Tuesday when the fire broke out 60 miles east of Los Angeles have now been permitted to return.

Most of those residents are returning to find their homes intact, though not all. A preliminary damage assessment found

105 homes and 216 outbuildings destroyed across the rural, mountainous terrain where large swaths of open terrain have been turned black.

"This fire did not go through a dense community, like some fires do," fire spokesman Costa Dillon said Sunday.

Residents in the Lytle Creek area were being allowed back to their homes with proof of residence, though a mandatory evacuation order remained for those near El Cajon Valley fur-

ther north.

Dillon said the El Cajon Valley is "still the most active fire spot."

The once-fast moving and erratic blaze that burned nearly 58 square miles was 83 per cent contained Sunday morning, up from 73 per cent the evening before. Firefighters were going property-to-property in the areas most heavily hit to quell any lingering flames and hot spots.

THE ASSOCIATED PRESS



A firefighter and dog search through wildfire ruins.

THE ASSOCIATED PRESS

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TERRORISM

Bomber kills 17 in Somalia

A suicide bomber detonated an explosives-laden vehicle at the gates of a local government headquarters in Somalia while another bomber targeted a nearby marketplace, killing at least 17 people and wounding more than 30 others, police said Sunday.

Abdisalam Yusuf with the police said one bomber rammed the car into a checkpoint in Galkayo town Sunday morning after reaching the main gate of Puntland's local government. Puntland, a semi-autonomous state in northern Somalia, controls the northern part of the town, while the southern part is controlled by rival regional state Galmudug.

Somali Prime Minister Omar Abdirashid Sharmanke condemned the twin blasts, saying that "evil-doers" had targeted innocent civilians.

The al-Qaida-linked al-Shabab group claimed responsibility for the attack. The town, unlike other parts of the country where al-Shabab continues a deadly guerrilla campaign, rarely sees such attacks.

The town's main hospital received more than 15 wounded people, including some with horrific wounds, a nurse, Abdikareem Ali, told The Associated Press.

"Some of them were burnt beyond recognition. It was a dark day," he said.

THE ASSOCIATED PRESS

Some of (the victims) were burnt beyond recognition. It was a dark day.

Abdikareem Ali

FINISH LINE

DIPLOMACY

Kerry in Kenya to talk regional security, terrorism



TOURISM BRIDGING THE GAP Visitors cross the world's highest and longest glass-bottomed bridge above a valley in Zhangjiajie in China's Hunan Province on August 21, 2016. AFP/GETTY IMAGES

Baghdad authorities clear site of deadly mall bombing

MIDDLE EAST

Engineers say reconstruction efforts will take months

Traffic began to file through central Baghdad's busy Karrada street on Sunday for the first time in nearly two months.

After the July 3 attack that killed close to 300 people, the street was sealed off and within days the shells of the charred buildings around the scene of the blast were covered in death

notices. For weeks after the attack, grieving families and loved ones gathered at the site to light candles in the evenings, others marched in protests.

Local Baghdad authorities began to sweep all of that away Saturday after a group of local officials visited the site. By Sunday morning the streets were almost entirely cleared.

"Today we must return to our normal lives and work," said Silwan Walid, a 29-year-old perfume shop owner who works on the street. Walid said watching construction equipment haul off broken glass and charred debris gave him hope for the future.



On March 26, 2016, people inspect the aftermath of a suicide bombing that killed 29 and wounded 60 at a soccer field in Iskandariya, south of Baghdad. KARIM KADIM/THE ASSOCIATED PRESS

"Now we feel like life can return to normal again and we can go back to providing our families with a decent living,"

he said, referring to his shop that has been unable to reopen while the site was blocked off.

A team of engineers at the site



Today we must return to our normal lives and work.

Silwan Walid

said the reconstruction project would take at least four months. One of the most difficult aspects will be determining which buildings can be restored and which will need to be completely demolished, said Saleh al-Obeidi, one of the engineers.

THE ASSOCIATED PRESS

FOREIGN

Kerry in Kenya to talk regional security, terrorism



U.S. Secretary of State John Kerry. THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry arrived Sunday in Kenya to hold talks with leaders of the East African nation that are expected to focus on regional security and extremism.

Kerry's plane touched down at Jomo Kenyatta International Airport Sunday night, where he was welcomed by Foreign Affairs Minister Amina Mohamed. Presidential spokesman Manoah Esipisu had said earlier that Kerry will hold discussions with President Uhuru Kenyatta on regional security and stability.

Esipisu says specific issues likely to be discussed include

stabilizing northern neighbour South Sudan, which is dealing with a recent upheaval, and developments in Somalia and Burundi.

Somalia faces key parliamentary elections next month and a presidential election in October. A homegrown al-Qaida-linked extremist group al-Shabab continues to launch deadly attacks in the capital. The country has been trying to rebuild after establishing its first functioning central government since 1991.

Burundi has been in turmoil since President Pierre Nkurunziza won a third term that many

in the opposition consider unconstitutional.

Kerry on Tuesday and Wednesday then visits Nigeria, Africa's most populous nation of about 160 million people and one of its largest economies.

He will meet with President Muhammadu Buhari on the oil-rich country's worsening economy and its efforts to fight corruption.

Kerry also will meet with leaders from the country's largely Muslim north, where the extremist group Boko Haram continues to carry out attacks.

THE ASSOCIATED PRESS



Emmanuel Guardado owns the QueChivo Salvadoran food truck in Calgary, Alta. JEFF MCINTOSH/THE CANADIAN PRESS

Food truck boom grows

ENTREPRENEURSHIP

Industry still trying to find its place

Emmanuel Guardado had always dreamed of starting his own food business, but it was only when he lost his job in the oil-and-gas industry that he decided to dive in.

"I got laid off from my job and figured, what better time to do a food truck?" he said.

Seeing almost no food options in Calgary from his native El Salvador, Guardado set his theme around the street foods of his homeland, including the stuffed tortillas known as pupusas.

Hitting the road in April, Guardado has now joined the ranks of food truck owners lured by the flexibility and relatively low start-up costs as the industry shifts from buzzy upstart to an established category in the Canadian food landscape.

In Calgary alone, 76 permits for food trucks have been issued this year, up from 47 a couple years ago — and the highest number since the city started offering them in 2011.

But Guardado says there's still room for more.

Toronto has also seen a bump in food truck permits after the city shrunk the required buffer between trucks and restaurants from 50 metres to 30 metres, now more in line with Calgary's 25-metre spacing.

"Last year really was a massive victory for us," said Zane Caplansky, owner of Caplansky's deli and a Toronto food truck pioneer who's been up and

running since 2011.

With regulations that Caplansky says were "archaic and repressive" now gone, on-street permits have gone from 16 in 2014 to 56 this year.

But with parking spaces for big trucks still a problem, and crowds unreliable, Caplansky says it's still a challenge to operate on the streets of Toronto.

"It's a tough business," he said. "You can do very well, or you can lose a lot of money very quickly."

Many truck owners, Caplansky says, are skipping the street permits and sticking to private events like weddings and food truck festivals where the customers are guaranteed.

The fact that the number of food trucks aren't skyrocketing despite the loosening regulations has helped ease tensions with the restaurant industry, which has fought to keep buffers in place to respect the property taxes and investments restaurants have made.

"It's largely settled down," said Mark von Schellwitz, vice president of Western Canada at Restaurants Canada. "Generally the two are co-existing quite well."

Despite the competition, some new entrants are finding plenty of room for growth.

"It's going really well," said Rotem Tal, who co-founded Vancouver's The Chickpea Truck earlier this year.

"We've moved from a small kitchen that we rented out, to our own kitchen; from working a few times a week at our downtown spot, to hiring employees and doing a bunch of events in the morning and evening."

THE CANADIAN PRESS

There's definitely great growth potential.

Emmanuel Guardado

LOUISIANA

Flooding puts a damper on rice harvest

Heavy rain that brought record flooding to Louisiana recently has put a damper on the U.S.'s harvest of rice, a food staple that usually likes water as it grows but can't be gathered by machine if fields are inundated.

While rice is an aquatic plant, this is the time of year when farmers drain their land and roll in heavy equipment for the harvest. Some fields remain unreachable in parts of Arkansas and Louisiana.

It's premature to make a strong assessment of what it all means.

Eric Wailes

"I've heard from a lot of the farmers the water level has been higher than a lot of the past hurricanes," said Dustin Harrell, a rice agronomist at the LSU Agriculture Research Center near Rayne, Louisiana. Two feet of rain fell in parts of the state.

The 2016 crop was expected

to be 26 per cent larger than 2015's, according to Eric Wailes, an agricultural economist at the University of Arkansas. Losing part of this year's crop shouldn't trigger price increases for rice used for food, or for anything uses rice as an ingredient, he said.

"Having a much larger crop

swamps this event," Wailes said. "It's premature to make a strong assessment of what it all means."

If anything, he said, an 8 per cent bump in rice futures prices over the past week would offset some losses if a farmer cannot move his entire crop to market.

"The biggest losers are the farmers who are actually inundated," Wailes said. "The crop that was harvested is now more valuable." THE ASSOCIATED PRESS

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LONDON UNDERGROUND

Overnight subway service launched

London's new overnight subway service has begun, with plans to host 50,000 riders each weekend.

London Mayor Sadiq Khan took the first Victoria line train on the new service early Saturday, chatting with passengers and marking the milestone. City leaders hope the new service will make the British capital a truly 24-hour city on the weekends and bolster its economy.

London already boasts a vibrant nightlife that attracts millions. But the service is also meant to serve doctors, cleaners and others who work graveyard shifts.

Police say they will be able to keep revellers in check.

Chief Const. Paul Crowther of the British Transport Police says "someone who's had a lot to drink at 11 o'clock is no different from someone who's had a lot to drink at 3 o'clock."

THE ASSOCIATED PRESS

50,000

The estimated number of people who will use the London Underground's new overnight service every weekend.

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CALGARY-BOW PROGRESSIVE CONSERVATIVE ASSOCIATION - NOTICE OF ANNUAL GENERAL MEETING



The Annual General Meeting of the Calgary-Bow Progressive Conservative Association will be held on Tuesday, September 6, 2016 at 6:00pm, in the Founders Room of the SCA Community Association (277 Strathcona Drive SW, Calgary).

Members of the Progressive Conservative Association of Alberta residing in Calgary-Bow are eligible to vote. Proof of membership and residency are required.

New members are welcome. Purchase memberships before the meeting at <https://www.pcalberta.org>. A membership is required to vote and sit on the board.



Guest Speaker, MLA
Richard Gotfried

For further information contact Demetrios Nicolaides, President, at (587) 834-5522 or calgarybowpc@gmail.com.

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Canada's biggest YouTube celebrity

SOCIAL MEDIA

Hilsenteger found fame by unpacking and testing gadgets

Lewis Hilsenteger achieved viral stardom by thinking outside the box.

Millions watch the 31-year-old, who owned an Apple technology repair-and-upgrade store near Ryerson University, Toronto, unpack and test gadgets on YouTube. In one clip, he tries a breathalyzer that plugs into a smartphone; in another, he attempts to knock over the "unspillable cup."

He is a star of the "unboxing" video genre, which lets viewers experience the vicarious thrill of unwrapping new products

Today, his most popular clip — seen more than 68 million times — remains a 2014 video showing him bend the iPhone 6 Plus with his bare hands. The video was the fifth highest-trending upload to YouTube that year, two ranks above a Budweiser Super Bowl ad. Hilsenteger's video was the only Canadian-made clip that trended globally in 2014, according to Google spokesperson Nicole Bell.

Torstar News Service spoke with Hilsenteger to unpack the appeal of unboxing videos and learn how he went from a small-business owner to a YouTube celebrity with 5.3 million online subscribers. This interview was edited for length and clarity.

How did you get into this line of work?

I've had an enthusiasm for gadgets and technology and



Lewis Hilsenteger found Internet fame by unpacking and testing gadgets on YouTube.

TORSTAR NEWS SERVICE

cool stuff since I was a kid. I was kind of always looking to get my hands on the latest and greatest stuff. Back then, I had to convince my parents to get it for me (laughs).

I had a business on Gerard Street (and Church) called iUpgrade. Through that business, I started to make some tutorial videos. I published those to YouTube and noticed I was immediately getting traction.

How do you explain the mass appeal of unboxing?

It's a combination of things. When I started out, I was mostly interested in the concept of consumption by proxy.

The other part of it is the nostalgia around opening a pack-

age and not necessarily knowing what's inside. I think most people can draw on some kind of memory that they have of an experience like that.

(And) just like elsewhere on social media, I think people want to connect with people more than they do with brands.

What's the item you were most excited to unbox?

I've been asked this before and never, ever has an answer come to mind.

Recently, I did this video on this cup that would not tip over.

The unspillable cup.

To be able to showcase this alternative universe and be the presenter of this scientific marvel — guess I kind of like those moments.

A lot of the time, my excitement develops through the video. I'm always a little skeptical going into it. Like, is it going to do what they say it's going to do?

There's so much stuff that's scripted, contrived and considered and I think there's this appetite for raw reaction.

That stuff is impossible to fake. TORSTAR NEWS SERVICE



Dr Maitreyi Raman, MD, MSc, FRCPC
Clinical Associate Professor

University of Calgary
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We are recruiting patients for a research study to investigate the impact of a nutritional strategy in patients with Crohn's Disease. The study goals are to investigate the impact of diet and nutrition on the gut flora.

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For more information and enrollment* PLEASE CONTACT: Mahzabin Ferdous
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*Inclusion criteria: Crohn's disease patients aged >18, Maintenance of remission using AZA + Anti-TNF, MTX + anti-TNF OR Anti-TNF alone, Mucosal healing documented by colonoscopy (within 1 year) or willingness to undergo colonoscopy to assess eligibility.

metro VIEWS

Your essential daily news

Monday, August 22, 2016

URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,
I know I have done something wrong. In the pantry at work, I saw a nice water bottle and thought that someone must have forgotten it there. I really liked it and kept it in my bag. Then, about two minutes later, a colleague came by, dumbstruck that his water bottle had disappeared. I thought if I told him I took it, I would come in his bad books of stealing. He looked around and asked people for about 20 minutes before giving up. I genuinely thought that the bottle was left there and no one wanted it. Now I feel really bad but don't know what to do. If I give the bottle back now, he will surely think of me as a thief. Right?

Thanks, Anonymous

Dear Anonymous,
This is a classic error, one that many of us have made. Caught in an innocent but embarrassing faux pas, we choose to lie our way out of it — either by commission (vigorous denials) or omission (playing dumb).

A person with no conscience would leave it there, privately regret the error, quietly dispose of the water bottle, and move on.

A person with an evil side might even take advantage of the situation and take it further — framing a work-

Next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

THE QUESTION

At work, I took a nice water bottle from the pantry. I thought someone must have forgotten it. Later a colleague came by looking for it. If I give it back now, he'll surely think of me as a thief. What should I do?

Isn't it the best
to go home from work
with a clean conscience?



place nemesis by planting the "stolen" water bottle on their desk or in their locker, then pointing the aggrieved colleague toward the evidence and sitting back to watch the fur fly.

But you, Anonymous, are clearly a person of firm morals and exquisite conscience — perhaps not quite as guilt-ridden as the murderer Raskolnikov in Crime and Punishment, but clearly suffering greatly for your inadvertent crime.

The most obvious solution is to come clean and return the water bottle along with a copy of the letter you sent me, above. Hopefully, your colleague will have a sense of humour about the whole zany situation and can

both have a good laugh about it!

Then again, he could accuse you of being a common thief, report you to HR for stealing and persuade everyone in your workplace to ostracize you from now on. That would be unpleasant, and I wouldn't blame you for considering other options.

I would caution you against any sitcom solutions. For example, if you FedEx the water bottle to your outraged colleague, with an anonymous note claiming to be a reformed kleptomaniac courier, sitcom logic would inevitably require your colleague to contact FedEx, make them narrow down the list of suspects, and get an actual, innocent courier

fired — which would make you feel even worse.

My advice is to discreetly return the water bottle to the pantry. Stuff it into a cupboard or toward the back of the fridge, but make sure it will eventually be found.

Your colleague will soon have his precious water bottle back and, hopefully, conclude it was an innocent office mix-up, which, basically, it was.

No harm, no foul. And next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

**Need advice?
Email Ellen:
scene@metronews.ca**

ROSEMARY WESTWOOD



It's time to get behind International Safe Abortion Day

Among the confounding aspects of anti-abortion laws is the fact that they have a negligible impact on actual abortion rates.

Internationally, the rate of abortion in countries with highly restrictive laws is about 37 for every 1,000 women of childbearing age — compared to 34 for every 1,000 in countries with higher access, according to the Guttmacher Institute.

In essence: Many women who want or feel they need to terminate a pregnancy will find a way, no matter the risk (abortions cause an estimated 15 per cent of maternal deaths). That makes anti-abortion laws a colossal policy failure, as well as dangerous.

And yet, thanks to the iron grip of those religiously or ideologically opposed to them, abortions remain taboo on the world stage.

This September, hundreds of organizations from 73 countries are pushing for the United Nations General Assembly to designate Sept. 28 as International Safe Abortion Day, something already celebrated, but without such official backing.

The move would be largely symbolic — a chance to draw awareness and donors. An opportunity for countries like Canada to apply diplomatic pressure to nations like Paraguay, which last year refused a 10-year-old rape victim an abortion.

A day wouldn't force any

country to change its law. It wouldn't give women better access to safe abortions (at least, not directly).

And yet, Marge Berer of the International Campaign for Women's Right to Safe Abortion has little hope the measure will succeed. The political influence of nations — mainly in Latin America, Africa and Asia — that continue to outlaw abortion in all or most cases is almost certain to be a stumbling block, she told me.

"I'm not expecting a fast easy win here, but I do think that if things go right, we will have started a conversation that I hope will take off," Berer said.

The Zika outbreak could fuel that. Latin America — the birthplace of the Sept. 28 day of advocacy — is ground zero for renewed international scrutiny of abortion rights in the wake of the virus, which gravely damages fetuses. Requests for abortions in Brazil, for example, have reportedly doubled.

"We are all very alarmed and I do not want have a sick baby, please," one Peruvian woman begged an online abortion pill provider.

Canada should not count itself among the nations indifferent to this woman's suffering, and millions like her around the globe. We should get behind International Safe Abortion Day.

Listen to Nth Wave, Rosie's podcast on women in media: metronews.ca/podcasts

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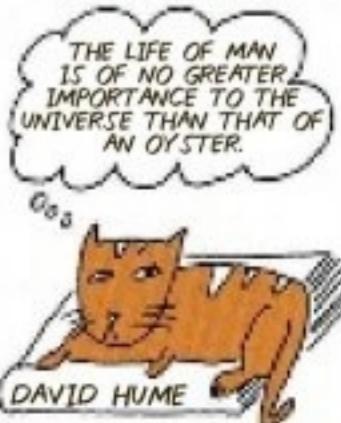
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Comedian Mike Ward seeks to appeal ruling he must pay artist Jeremy Gabriel \$35K for mocking him



"I feel like the Olympics needed us more than we needed them at this point," Tony Hawk tells Metro, about the inclusion of skateboarding in the Summer Games. COURTESY GEORGE PIMENTAL

INTERVIEW

Tony Hawk's clothing line is going mainstream

Genna Buck
Metro Canada



around the world, and a father of four, including 23-year-old pro skateboarder Riley Hawk.

And though he's toned down his daredevil ways at 48, Tony Hawk is still doing gravity-defying tricks for a new generation of skaters and fans on social media.

Now his clothing line — which for now is only for men and boys — is headed for the mass market via Walmart.

Metro caught up with Hawk between demos at Toronto's Yonge-Dundas Square to chat about closing skateboarding's gender gap, and how the Olympics could make the sport truly global.

When you started

skateboarding, it was a bit of an underground thing. Is there anything left of that?

I think there are still the hardcore skaters that want to go out and hit the forbidden terrain, and the handrails — the public spaces that they're not supposed to. That element is very much alive in skateboarding. On the other side of that, there's a very real opportunity to make a career out of it. So I don't see the success taking anything away from the heart of skateboarding.

What does the inclusion of skateboarding in the Olympics mean to you?

It's a sense of validation. At the same time, I feel like the

Olympics needed us more than we needed them at this point. They needed that cool factor in the Summer Games, and they're going to get it with skateboarding.

Is there anything you see skaters doing now that makes you say, "Wow, that never would have happened in my day"?

I'm delighted by the tricks that are happening, that kids learn early on. Stuff that wasn't even invented when I was their age. Those are considered the basics now. For instance, a kickflip (where a rider flips their board 360 degrees horizontally). Rodney Mullen created it. I think I was 13 at the time. No one else could do it for years. It took me a long time to learn it. Basically, if you start skating (now), people expect you to do it.

Why is your clothing line being sold at Walmart? It's not the punkiest retailer that comes to mind.

Our clothing line was originally our own. Quicksilver bought it, and then it was in stores in the U.S. and it kind of remained stagnant there, because Quicksilver was having problems. Cherokee bought it, and our first direction to Cherokee was: We want to make this international. Walmart picked it up, and we're thankful because it's way more affordable and the same quality.

Why is the line only for boys and men?

A girls' collection is a great idea and certainly something we are considering.

What would you say to a girl who's interested in the sport?

It's a new sense of freedom. It's a way to be creative, and I think it's a way to find self-confidence that maybe you can't find in other places.

METRO ASKS ON THEIR BEHALF

Members of Toronto's Babes Brigade — a women's skateboarding group whose name was inspired by Tony Hawk's one-time squad the Bones Brigade — had some questions for one of their heroes.

You have been able to watch the skateboarding scene develop over the years. Where do you see it going in the future in regards to popularity? Will it continue to grow?
-Stephanie Battiste



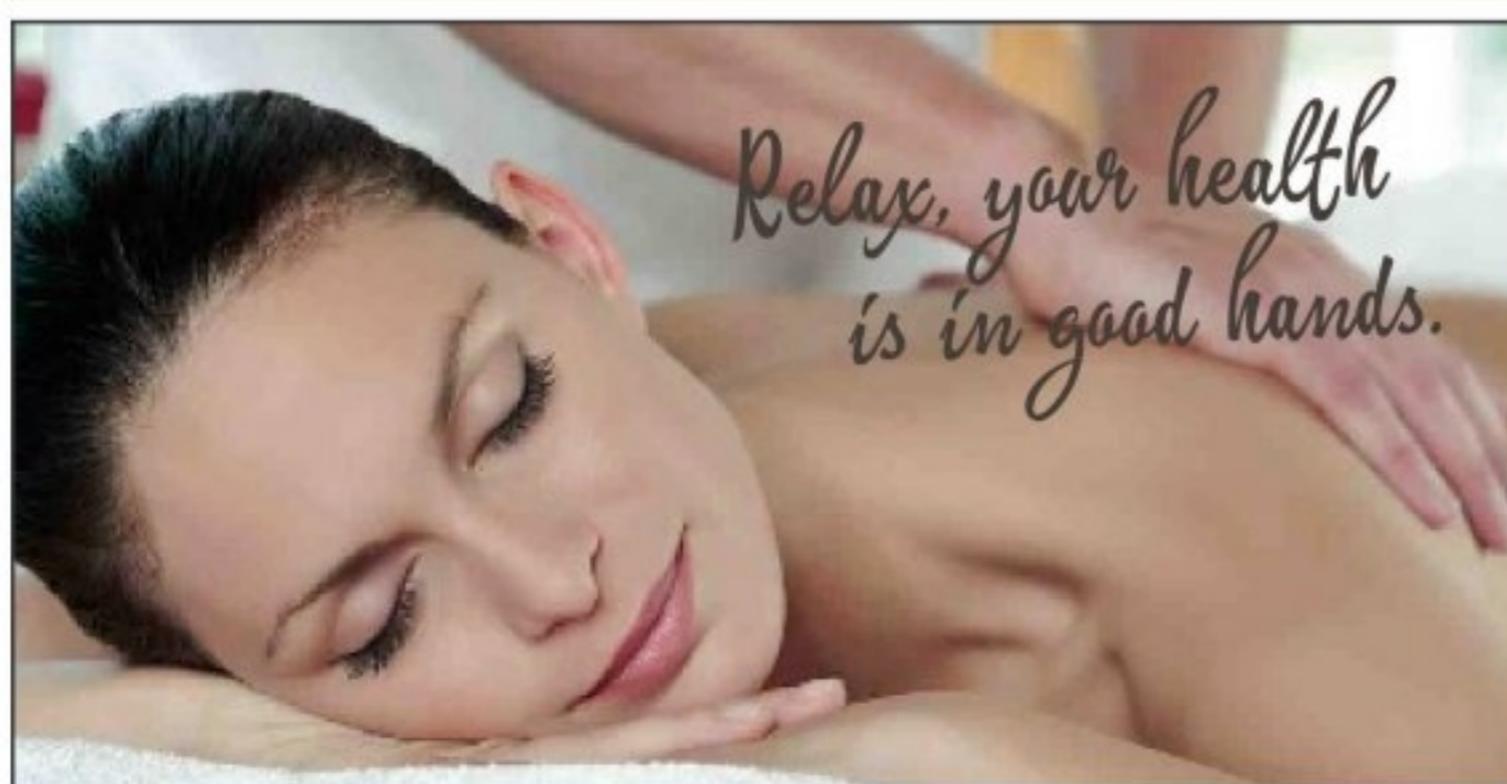
COURTESY CHRISTELLE GROS

Hawk's answer: I think so, just based on how it's growing internationally. We've seen skate scenes blossoming in Cambodia, Ethiopia, South Africa, in the most unlikely places. Now, with the inclusion in the Olympics, we're going to see that go even further.



What do you think about the gap in prize money for skate competitions? For example, when men win \$200K and women \$30K in the same competition. Do you see that gap closing?
- Chantal Garcia

Hawk's answer: I think it is closing as we speak. I'm not really in charge of any of that, so I'm not going to say I'm going to make these demands on it, but I see the equality shifting in unlikely places, like Afghanistan, like South Africa — the ratio of boys to girls skating is equal. That's not the case in North America. With the Olympics, if you include a sport, it's male and female. So out of the gate, we're going to have equal events.



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A plan for when best-laid plans fail



Being prepared for that bad mood when stuff goes wrong will usually put you back on the right track and help you avoid irrational anger-fuelled choices. iSTOCK

ADVICE

Dealing with inevitable crap is better than 'to hell with it!'



Have you ever just felt like saying, "To hell with it!"? You've been trying to get your credit card balance paid off, but for the third month in a row life has gotten in the way.

The car's transmission gave up the ghost, so now you're swapping the plans you made for a need-to-fix!

If you let the bad mood that comes with plans being sent sliding get the better of you, you're likely to make some awful decisions. Sure, you feel like you'll never get ahead, but saying, "To hell with it!" isn't the answer. So what is? Well, studies show that if you have a back-up for when your best laid plans get derailed, you're far less likely to do yourself serious damage.

One study used an anagram task to put students in a bad mood. Half the participants were told the task was easy and would only take five minutes to complete. It

was a trick. Three of the anagrams were unsolvable, putting those participants in a grumpy mood. But other participants were told the truth, so no bad mood. Then all the participants were asked to describe how they would behave in three imaginary scenarios:

- Whether they'd drive an old car with brake problems;
- Whether they'd disclose a secret to a roommate;
- Whether they'd return deliberately damaged shoes to a shop for a refund.

So did those who were ticked go off the deep end?



If you let that bad mood get the better of you, you're likely to make some awful decisions.

Some of 'em. Over the previous week, half of the same students had been asked to keep a mood diary.

The idea was to stay as positive as possible using an "if/then" mantra, as in "if I get into a bad mood, then I'll watch funny cat videos."

Those who didn't have experience with the if/then model were prepared to take more risk — to hell with it! Those who had a solid back-up plan

were inoculated from the self-defeating behaviour.

The lesson: If you come up with plans that state "if a certain situation occurs, then I will respond in a pre-specified way," you won't risk doing yourself in with a stupid decision.

The pre-formulated back-up assuages your need to shoot yourself in the foot.

Your if/then doesn't even have to be all that concrete. It's more a matter of acknowledging that a downside is possible and that you're prepared to deal with it.

So simply having a plan to breathe deeply when a setback occurs, or to look for ways in which you've successfully dealt with setbacks in the past, is enough to keep you from going off half-cocked.

To think that crap will never happen because you have carefully thought out your plans is crazy! Crap always happens.

If you don't have a back-up plan, "To hell with it!" will drive you down the wrong path. Accept that even the best-laid plans can be sent awry by things beyond your control. Have a plan for dealing with a set-back. You're far less likely to dig your misery hole even deeper.

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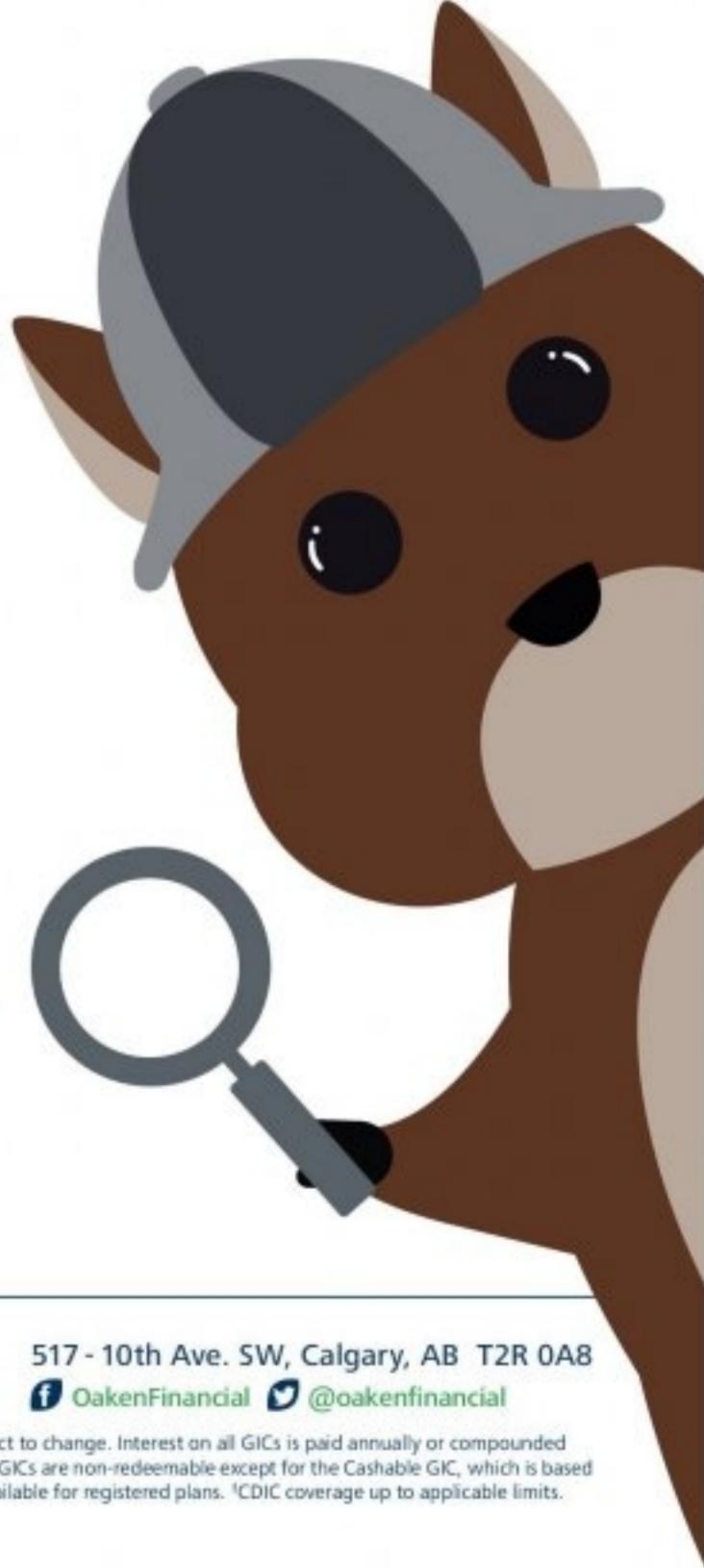
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YOU CAN DO THIS REAL ESTATE AGENT

'No day or hour is alike'

WHY I LIKE MY JOB

Josh Bickle, 30, Real Estate Sales Representative with Keller Williams Energy Real Estate Brokerage in Durham Region.

I've always been on the hunt for rewarding work that helps both people and the community. At first, I had a difficult time finding a role that truly spoke to me. But a little over a year ago, a friend told me about the benefits of working in the real estate industry and I was sold.

Initially, I did some research and spoke with a few real estate brokers who encouraged me to enrol in Real Estate College with Ontario Real Estate Association (OREA). I powered through the first four mandatory courses in as little as four months, and now I'm able to train while working full time as a real estate sales representative with a brokerage in Durham Region.

I'll never forget my first sale. I got to bring my clients directly to the property, observe their reactions as they walked through it, and listen in as they eagerly laid out their plans for each space. Hearing them cheer when I told them their offer was accepted was such a phenomenal feeling!

I think anyone can do well in real estate if they have the passion and drive. If you're committed to putting in the work, your success will come full throttle. No day or hour is alike; every client, property and experience is unique — a quality you'll rarely find in other industries.

**THE BASICS: Real Estate Agent**

\$50,684

Median annual salary for a real estate agent/salesperson.

A professional with more experience will likely produce more sales, amounting to average annual salaries of over \$100,000

+4%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, realestatelicensehq.ca and onetonline.org.
HOW TO START

Educational and licensing requirements in the real estate sector are determined by provincial regulators. In most cases, courses can be completed at the student's desired pace through a real estate association or council. Upon successful completion of each course, a prospective agent must seek sponsorship from a licensed broker before practising in the field. Some colleges offer courses in home staging, home inspection and property management, which can be useful in gaining employment.

WHERE YOU CAN GO

As the nation's population increases, the number of available housing units will likely continue to climb. Younger real estate agents are beginning to replace retirees, and many are finding innovative ways to advertise and sell home, farmland, commercial or industrial properties through social media and other emerging technologies. While most opportunities stem from brokerage firms, alternative career options include office and property management, mortgage banking, urban planning, land development and real estate appraisal.

NEXT CAREER STEP

Success in the real estate industry requires excellence in client service and time management. Good service will often translate into positive referrals, which are crucial to getting established as a reputable and prosperous agent.

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Canadian kids are not getting enough sleep

HEALTH

Experts say kids aged 6-12 need up to 12 hours a night

It's a battle most parents know well: Your kid eats dinner, puts on PJs, snuggles up with a book — or a smartphone — seems to be ready for bed, then decides, hey, who needs sleep? But kids definitely do need shut-eye — and lots of it, say sleep experts.

"By the time a child is 2 years of age, they've spent more time of their life asleep than they have awake," says Candice Alfano, a clinical psychologist and University of Houston associate professor who is currently researching the impact of sleep on children.

"And there's a reason for that: Evolution doesn't make a lot of mistakes." For children — and adults too — regular, quality sleep is crucial for physical and mental health, helping maintain



Slumber is a very important part of your child's growth. iSTOCK

cognitive function and keeping the immune system in tip-top shape. So how much sleep is enough?

Guidelines from the Canadian Paediatric Society say newborns may sleep up to 16 hours a day, for 3 to 4 hours at a time. This amount drops as kids get older, but even preschoolers and school-aged children up to 10 years old typically need 10 to 12 hours of sleep, while teens need between 9 and 10 hours.

But sleep guidelines are just a suggested range, notes sleep expert Reut Gruber, director of screen time could be to blame.

the Attention Behaviour and Sleep Lab at Douglas Mental Health University Institute and an associate professor at McGill University.

"Some kids will do OK with a bit less, others do OK with the average recommended amount, some need more," says Gruber, who is also chairing the executive committee of the Canadian Sleep Society. For parents who want their children to get more rest, Gruber has a few pointers.

Start early: Prioritizing sleep from Day 1 increases the likelihood that getting quality shut-eye becomes a natural, consistent, regular routine for your kids, Gruber says.

Have a bedtime routine: Parents need to be clear: Sleep isn't something you negotiate every day. While a routine depends on each family's lifestyle, "you want the kids to have dinner, to take a bath, to read a bit, and say goodbye — very simple," she says.

TORSTAR NEWS SERVICE

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MICHAEL FASSBENDER ALICIA VIKANDER RACHEL WEISZ

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Wonderlist.ca

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No purchase necessary. One entry per person, per day. Contest open to residents in Toronto and Ottawa, ON; Winnipeg, MB; Edmonton and Calgary, AB; Vancouver, BC, who have attained the age of majority in the province in which they live at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) grand prizes of a book plus 2 screening passes, with a value of \$40 CDN each and ten (10) secondary prizes of 2 screening passes, with a value of \$25 CDN each are available to be won in each market. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01am ET on August 22, 2016 and closes at 11:59pm ET on August 28, 2016. To enter and for complete contest rules visit www.wonderlist.ca

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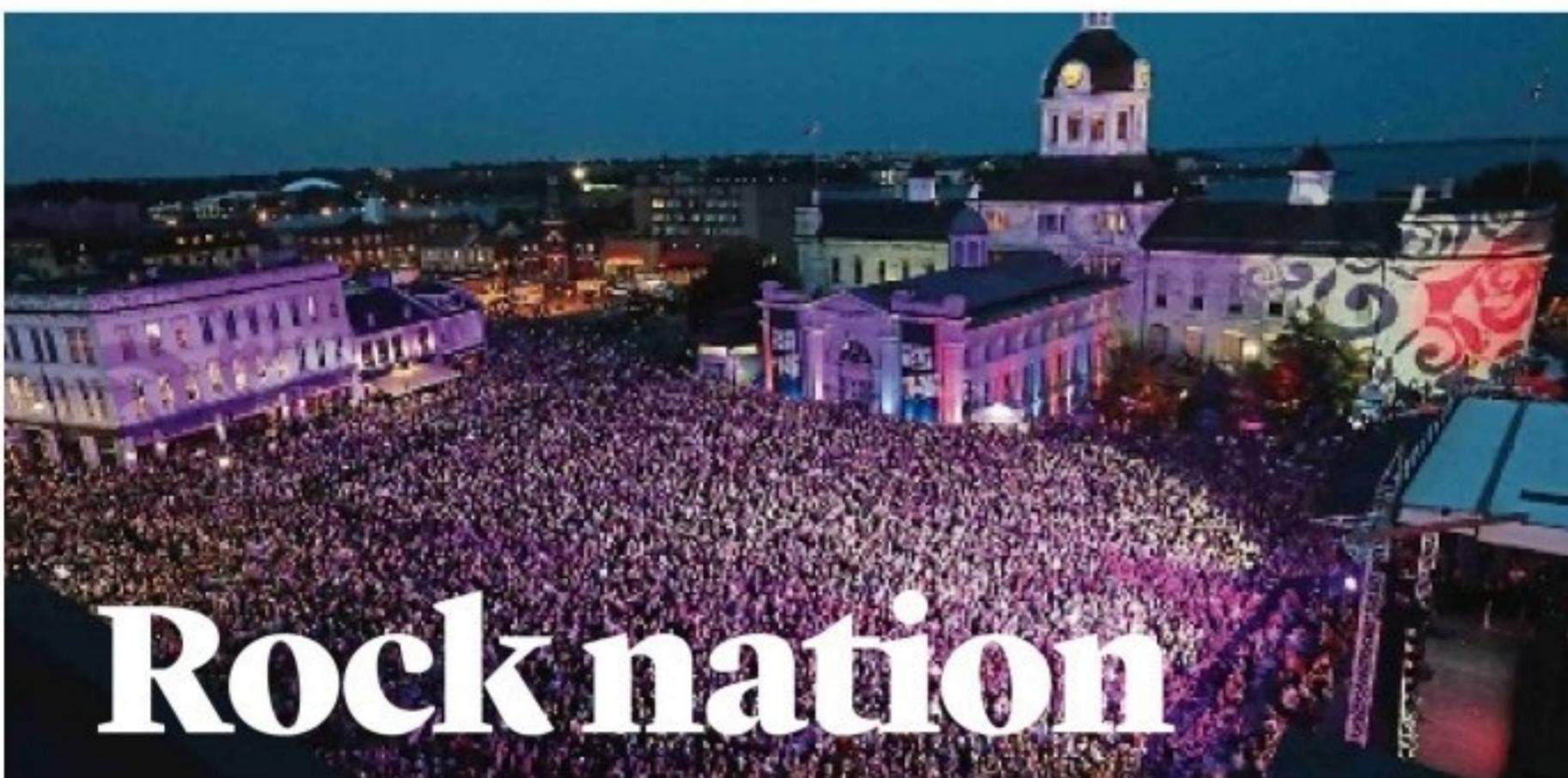
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Rock nation

People who couldn't get a ticket to the concert gathered in Springer Market Square in downtown Kingston Saturday night. One third of all Canadians tuned in to the show on CBC (TV, online and radio) — that's 11.7 million people. THE CANADIAN PRESS

AFTER THE SHOW

In Kingston, the show's over but fans hope for Downie's return

 **Kristen Lipscombe**
Metro | Halifax

The grey skies above Kingston seemed to weep Sunday morning.

Following a bright and sunny day that brought tens of thousands into the small city's core to celebrate The Tragically Hip, strong winds and curtains of rain blew through the band's hometown, leaving downtown streets empty in the wake of the previous night's historic Canadian concert.

A trio of Kingston natives, who came back to town after scoring tickets to the show at the K-Rock Centre, commented on the post-concert emptiness in Springer Market Square.

Just the night before, more than 25,000 had gathered to take in the final show of the Man

Machine Poem Tour, live on the big screen.

"There's nobody around," Steve Mitchell, who came home from Vancouver to see the show, along with sister Julia Boileau and childhood friend Gord Sinclair (yes, that's his name "for real" and no, he's not the guy in the band).

Mitchell admitted to staying up a little too late Saturday to mark the rockin' festivities.

"This was a different performance; it's kind of like he was saving it for this," said Mitchell, who attended the Vancouver show.

Gord Downie sang his heart out and bared his soul not just in Kingston but in cities nationwide on an emotional tour following his announcement of being diagnosed with terminal brain cancer.

"They're all so courageous; it's amazing," Boileau said. "I think he's done wonders for the cause."

Downie, bassist Gord Sinclair (the one in the band), guitarists Paul Langlois and Rob Baker, and drummer Johnny Fay, have long contributed to the Kingston community, and Canadian culture as a whole.

Most recently, the band has

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KINGSTON FANS REACT

Knowing what (Gord Downie) was going through ... he was definitely struggling, but he put on a hell of a show.
Owen Barr, 18

It was certainly a national celebration The entire thing was really moving.
Ashley King, 24

It felt like being a part of history. Something that has meant so much to Kingston ... sad, but kind of beautiful and intimate at the same time.
William Wellman

established the Gord Downie Fund for Brain Cancer Research at Sunnybrook Hospital in Toronto, where he's being treated.

"They do a lot of work in the area," Sinclair said. "They're a great hometown band; it's sad

to see it end."

But Mitchell doesn't think it's all over.

"The guy looks pretty fit; he's going to be around for awhile," he said. "I don't think that's the end of it."

 **JOHANNA SCHNELLER**
WHAT I'M WATCHING

Geekertainment for your inner fanchild

THE SHOW: Geeking Out, Season 1, Episode 1, (AMC)

THE MOMENT: Matt Damon's audition

Smith claps and chortles. "This is a man who commits!" They high five. (Smith high-fives a lot.)

Smith, best known as the director of Clerks and Dogma, is an unabashed movie fan — his signature expression is pop-eyed glee — and his co-host, actor Greg Grunberg, is the same.

Their show is little more than a highly enthusiastic half-hour commercial for whatever genre stuff is coming out.

It's Geekertainment Tonight, by fanchildren for fanchildren.

They go to Comic-Con and rave about how great it is. They yell things like, "This is a really cool segment." (They yell a lot.)

They play extended trailers, and then talk excitedly about them.

The studios must roll around in this series the way a dog rolls in dead bird.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Kevin Smith is an unabashed movie fan — his signature expression is pop-eyed glee — and his co-host, actor Greg Grunberg, is the same. CONTRIBUTED

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Top editors turning a new career page

PRINT MEDIA

Why women at helm of top mags in Canada are moving on

Shinan Govani
For Tortstar news Service

There is life after the September issue. Sitting with me in the yawning sun one recent weekday afternoon — where the chitchat cruised from the new Christian Louboutin boutique in Yorkville to the burgeoning interior trend of "handmade cement tiles" — were two erstwhile editors-in-chief for the price of one.

Bernadette Morra and Suzanne Dimma both topped the mastheads, respectively, at Fashion magazine and Canadian House & Home, tentpoles in the country's media scene, and both just exited stage-right. Both were in the gauzy business of reader desire. Both are vets of what, irrevocably, is the battlefield of print.

"I told myself I'd do it for five years," confessed Dimma, who actually held on to her gig at Canada's top shelter mag for eight. "That's so funny . . . so did I!" echoed Morra, who just wrapped up seven years (yes, that itch) at her own frocks-and-all pub.

Editors of monthly magazines comprise a particular breed — by virtue of their editorial skeds, they have to "live in the future," putting their noses up to what's coming a month or even season ahead. Thus, for the first time in years, Morra and Dimma — one with her Clara Bow old-Hollywood vibe, and the other the quintessential Canadian dock-girl with a freshness that belies her 52 years — were truly, emphatically living in the moment, it seemed to me.

"My own decision to leave was about a work-life imbal-



My double interview subjects with two departing magazine editors, Bernadette Morra (right) and Suzanne Dimma. The two women are seen here at Morra's home in Toronto. NAKITA KRUCKER/TORONTO STAR

ance," Dimma shared. Something that's "par for the course in an industry with a 24/7 schedule and so many new and necessary extensions." (All that tweeting, Instagramming and brand-synergy that's become a part of the job now, i.e.)

Content to take a break and possibly even lean out, Dimma is passionate about returning to her first love of interior design. After going to art school as well as design school — with deep dives into graphic design, photography and interior design — and having had her own TV show, and ongoing stints with Cityline, she said, "I wanted to go back to the pure thing."

And though House & Home (founded 30 years ago by Lynda

Reeves) continues to thrive and even has solid newsstand action in the United States, Dimma emphasized, hers was the familiar narrative of burnout that inflicts professionals in many different fields. "I was waking up in a panic every day," she confessed.

For Morra, the decision to depart was a marginally more existential one, as it relates to the state of the industry itself.

"It's no secret that there is declining circulation in all print products, and there is a completely fragmented market," she pointed out.

"No brand is unscathed," she went on, pointing out to the disruptions at various American mag counterparts (at Condé Nast, Hearst, etc.), and to the "contracting of staff at Glamour and Self, which recently merged their editorial staffs."

"They're creating hubs," she said, "editorial hubs, sharing copy and research."

And though there's always ample talk around town about the palace intrigue at St. Joseph Media (which publishes Fashion) and about the snakes-and-ladders

replacement of Morra by Noreen Flanagan, who bolted from the editor-in-chief job at competitor magazine Elle Canada, Morra is nothing if not circumspect. "It really was time for a change," she said.

"I want to go back to the core of what I do, which is storytelling," she went on, whether it be for editorial, retail, different brands, or a blend of that. In fact, an opportunity she sees for herself, one that has her quite jazzed, is the prospect of being an intermediary for brands seeking to collaborate with editorial.

"They need someone who can help them let go of marketing-speak," Morra, who previously spent 20 years at the Toronto Star, explained.

FAVOURITES

Who were best cover girls?
Morra pointed to Miley Cyrus (she got the Fashion front right at the "cusp of twerking") and also Lorde, who was just breaking out when she got the cover. As with baking, so much of magazine hocus-pocus is a question of timing.

Asked what her favourite story was during her tenure at Fashion, Morra had a ready answer: it was getting to India, as part of a story she did with Holt Renfrew. Having had an interest in seeing where products are made, and about all things artisan, she loved seeing all the "block printing and weaving . . . the skeins of yarn."

"We shot Kim Cattrall's house in Vancouver Island," said Dimma, about her own favourite work, which then lapsed into a side-conversation about the increased mandate at shelter mags to do covers with celebrities and their homes. It was not so much the case when she first came to House & Home, and not something that particular excites her, but, hey . . . so goes the world.

Because of their profiles, both Morra and Dimma have been a part of the city's larger social hum. The latter co-chaired the annual Design Exchange auction this past spring, while the former helmed a similar role around the same time for the glitzy National Ballet gala.

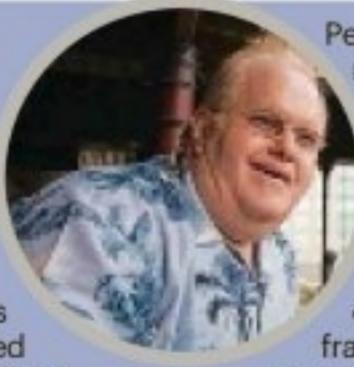
Indubitably, both plan to continue to be involved with various events and initiatives. "If you write I'm retiring, I will kill you," Morra warned me at one point.

GOSSIP BRIEFS

Creator of major boy bands dies in prison

Lou Pearlman, credited for starting the boy-band craze and launching the careers of the Backstreet Boys and 'NSync, has died in prison while serving a 25-year sentence for a huge Ponzi scheme.

The Orlando Sentinel reports that according to a federal inmate database, the 62-year-old Pearlman died Friday. The cause of death was not immediately known.



Pearlman's \$300 million Ponzi scheme through his Trans Continental companies was uncovered in 2006. He was convicted of fraud in 2008.

THE ASSOCIATED PRESS

Second Ocean album finally washes up

The wait for Frank Ocean's latest album is finally over. The singer's 17-track album Blonde was released on

Saturday on Apple Music, a day after the R&B singer released a "visual album" on the streaming service.

Blonde is Ocean's second studio album and is his follow-up to his successful 2012 debut album Channel Orange which earned him two Grammy Awards,

including best urban contemporary album. THE ASSOCIATED PRESS



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metro RIO

Two Mongolian wrestling coaches stripped to protest Ganzorigiin Mandakhnaran's loss to Uzbekistan's Ikhtiyor Navruzov for a bronze medal



1 Strong finish — The host Brazilians ended off on a high winning gold in men's volleyball. They beat Italy 25-22, 28-26, 26-24 in the final.

2 Golden again — Middleweight Claressa Shields became the first American boxer of either gender to win two Olympic boxing gold medals when she beat Kazakhstan's Dariga Shaimova 3-0.

3 U.S. too strong — Kevin Durant poured in a game-high 30 points for the U.S. in a 96-66 victory over Serbia in the gold-medal game in men's basketball. The Americans finished with 46 gold medals and 121 overall.

4 Mountain man — Switzerland's Nino Schurter blew away the field in men's cross-country mountain biking. PHOTOS BY GETTY IMAGES



Going above and beyond their goals

RIO 2016

Canada finishes 10th in total medals with 22

The Canadian medal haul is impressive, 22 in all, the most ever in a non-boycotted Olympics and more golds than any Games since 1992 in Barcelona, a total that exceeded the more optimistic of predictions.

But Canada's performance in Rio was more than that, it was the way the athletes handled themselves in victory and defeat, how they met the challenges that always arise, how they didn't succumb to the predictions of organizational horror.

How they were Canadian.

"We feel we did a really strong and successful job of having our athletes understand the environment they are coming into, to be respectful of the environment that they're in and complying and using common sense," chef de mission Curt Harnett said at a Games wrap-up news conference Sunday morning.

"It's all about the plan and what the COC does very well is plan and prepare."

All that planning and preparation allowed the athletes to put on a collective performance few saw coming.

Canada finished with 22



Trampolinist Rosie MacLennan won one of Canada's four gold medals. DAVID RAMOS/GETTY IMAGES

medals — four gold, three silver, 15 bronze — that, dis-

work of the men and women on the fields of play.

counting the boy-

crushed it," assistant chef de mission Carol Huynh said.

There were Canadian and Olympic records set in the pool and on the track; there is every reason for Canadian Olympic Committee officials to laud the

Canadian women won 16 of the 22 medals and Penny Oleksiak, the 16-year-old swimmer who won four of them, was named the flagbearer for

Sunday's closing ceremony.

"Definitely on the camaraderie side of it, there was a little rib-jabbing from the women on the team, saying 'When are you guys going to step up?' but the support and the spirit within the village ... was really quite spectacular," Harnett said.

Canada's total put it 10th among countries via the COC mandate of total medals rather than being ranked by golds, surpassing their goal of a top-12 finish. TORSTAR NEWS SERVICE

43

Canadian athletes came up with 43 top-five finishes.

Canucks draw inspiration from each other

Erica Wiebe was sitting in her hotel room in Buzios, Brazil — up far later than she should have been at a final wrestling training camp — watching the Canadian men's volleyball team play on late-night TV to draw a measure of inspiration.

Before he went into a two-day bubble to find the resolve to handle the unimaginable strain of the Olympic decathlon, Damian Warner closely followed the exploits of teenage swimming sensation Penny Oleksiak and drew an extra dose of confidence from her stunning performance.

There were basketball play-

ers following golfers, swimmers watching cyclists, rowers tracking rugby players, a mishmash of athletes coming together, a common bond developing in the most uncommon of circumstances.

To speak of a Canadian Olympic "team" is to stretch the meaning of the word to the limit: there is no assistance on the field of play, no way to provide

strategic tips that turn regular performances into great ones.

But in its own unique way, it is truly a team: comforting, consoling, counselling, cheering, commiserating with each other — joyful in the successes, supportive in the defeats.

They may not all be in the same athletic realm, with the disciplines so different, but they are as one and it is in no small

“Watching my fellow athletes race and run and play and wrestle that makes me feel proud to be Canadian. Erica Wiebe

way part of the reason why Canada has had its most successful Summer Olympics in almost half a century.

"I remember sitting in my room and it's 10 o'clock, and the men's volleyball team was on the court and I could not turn off the TV," said Wiebe, the wrestling gold medallist. "Watching those guys lay it all on the line, their intensity and their passion, that's what sports is all about and it's what makes me so proud to be Canadian — and I knew that I had to go do that for Canada, too."

TORSTAR NEWS SERVICE



Conor McGregor, left, went toe-to-toe with Nate Diaz for five rounds on Saturday night in Las Vegas. STEVE MARCUS/GETTY IMAGES

Heated rivals already talking about trilogy

UFC

McGregor evens score with majority-decision win

Conor McGregor got his revenge. Now he wants a third fight on his terms.

McGregor evened the score in his rivalry with Nate Diaz by outpointing him Saturday night at UFC 202 in a rematch of their two-round welterweight thriller in March.

The two put on an action-packed fight in which McGregor

came out strong and then hung on in a tiring, bloody slugfest. Two of the judges scored it 48-47 for McGregor, and the other had it 47-47.

McGregor immediately challenged Diaz to a third fight — but only if Diaz would come down to the lightweight division.

"Surprise, surprise! The king is back!" McGregor said. "If you want this trilogy, it's on my terms. I came up to 170, now you'll come back to 155 and we'll finish what we've

started. I knew what I had to do this time around and I did it."

McGregor (20-3) forced the action in the opening round, landing multiple leg kicks to Diaz's

lead leg and a straight left that knocked down Diaz (20-11).

The Irishman took down Diaz twice more in the second round, bloodying his nose and appearing to have total control of the fight.

"I could have gone in there and pressed, but I was patient," McGregor said.

The persistent Diaz found his footing later in the second, though, unleashing a flurry of strikes and knocking McGregor against the fence. Diaz continued to attack in the third and, for the final 90 seconds of the fourth, they stood in the centre of the cage and exchanged blows.

They traded punches again in the fifth, and neither gained an edge until the final 10 seconds, when Diaz secured a trip and landed a few final shots from on top before the bell rang.

"I came here to fight. I want No. 3, I gave him No. 2, so let's do it," Diaz said.

THE ASSOCIATED PRESS

I want No. 3, I gave him No. 2, so let's do it.

Nate Diaz

LA LIGA

Bale comes up big in Ronaldo's absence

Gareth Bale scored twice to help Real Madrid start the Spanish league with a 3-0 victory at Real Sociedad, while Atletico Madrid was held 1-1 after conceding a last-gasp goal to Alaves on Sunday.

With Cristiano Ronaldo injured, Bale's second-minute header set Madrid on its way to a comfortable win that youngster Marco Asensio put beyond doubt with his second goal in as many matches for the reigning European champions.



Gareth Bale GETTY IMAGES
Bale wrapped up the scoring in the final moments of a one-sided game. THE ASSOCIATED PRESS

IN BRIEF

Si Woo Kim smokes field for his first PGA Tour title

Si Woo Kim won the Wyndham Championship by five strokes Sunday for his first PGA Tour title.

The 21-year-old South Korean player closed with a 3-under 67 to finish at 21-under 259 at Sedgefield Country Club, tying the tournament 72-hole record set eight years ago by Carl Pettersson.

Kim set a tournament record with a 60 in the second round.

THE ASSOCIATED PRESS

Harvick motors to victory

Kevin Harvick passed Denny Hamlin for the lead with 70 laps to go and held on to win at Bristol Motor Speedway on Sunday.

Harvick led 128 laps for his second victory of the season and his second at the high-banked, half-mile concrete bullring.

Ricky Stenhouse Jr. was second, followed by Denny Hamlin, Austin Dillon and Chris Buescher.

Kyle Busch led 256 laps, but was knocked out in a crash. THE ASSOCIATED PRESS

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Safety-first saga heads south

MLB

Sanchez sent to Dunedin as Jays get creative with 6-man rotation

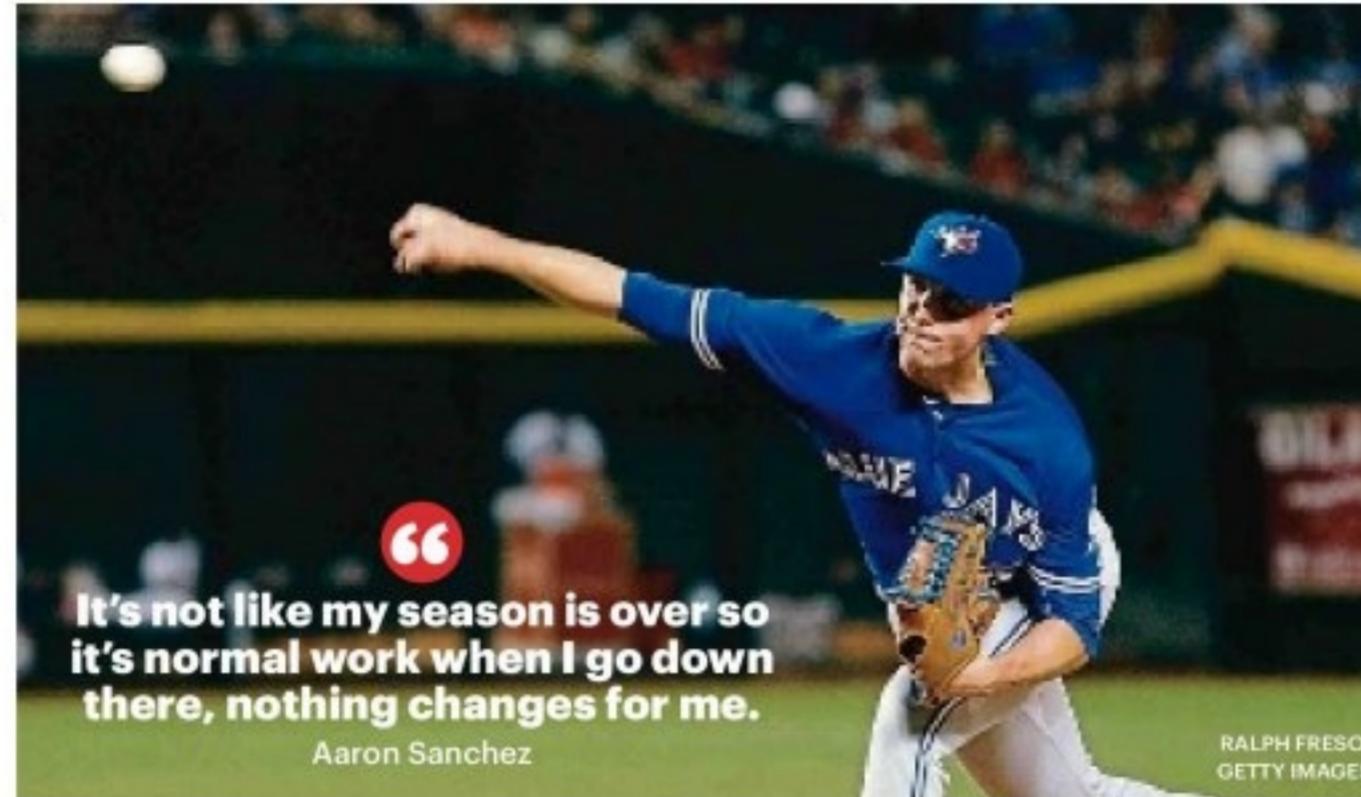
It may be an unprecedented major-league move, taking a healthy 24-year-old all-star pitcher, a man in the Cy Young conversation, and optioning him to Class-A as a strategy to conserve innings.

But that's exactly what happened to Blue Jays right-hander Aaron Sanchez on Sunday, sent to Dunedin not to pitch but to stay in shape for his next start, Aug. 31 at Baltimore.

On Saturday night at sold out Progressive Field in Cleveland, Sanchez worked four innings in a no-decision, throwing 77 pitches, 40 of them coming in the fourth inning alone.

When he reported to the ballpark on Sunday he was a minor-leaguer.

"At the end of the day it comes down to winning ball-games, and if I'm just going to be sitting here knowing they're



“It’s not like my season is over so it’s normal work when I go down there, nothing changes for me.”

Aaron Sanchez

RALPH FRESO/
GETTY IMAGES

going to skip my start, why don't we bring somebody up to help continue to win ball-games," Sanchez said of his discussions with GM Ross Atkins and manager John Gibbons. "There are no hard feelings. Hopefully we continue winning."

Since going to a six-man rotation with the addition of left-

hander Francisco Liriano from the Pirates, Atkins has spoken about the need for "imagination" in terms of moves that might help ensure Sanchez remains healthy. A key for the Jays is that this 10-day vacation will allow Sanchez to return and start the final game of the Orioles series at Camden Yards on Aug. 31, along with Marco

Estrada and J.A. Happ, their three hottest pitchers.

"That's what this game's about and I think, often times, people can lose sight that it takes a team," Atkins said. "There's so much at stake. Service time, money, careers, health, and when guys can take a step back and think about it it's a lot cooler to be a part of

25 than to focus on one."

Sanchez was brought in to the discussion about the move on Sunday, though the basic concept of skipping this start was discussed with him as far back as the first week of August.

There are several reasons why he was dispatched to Dunedin instead of Triple-A Buffalo. Sanchez has a home in Palm Harbor, Fla., about 20 minutes from the Jays' minor-league complex, and he will be close to the team's high-performance and rehabilitation staff. Besides, the idea of not pitching in Dunedin is the same as not pitching in Buffalo.

It was an amazingly receptive Sanchez that discussed the



Brett Cecil
GETTY IMAGES

+ SUNDAY IN CLEVELAND

Jose Ramirez hit a two-run homer off Brett Cecil in the eighth inning and the Cleveland Indians rallied past the Toronto Blue Jays 3-2 Sunday to win the series between teams that began the game as AL division leaders.

The Indians took two of three, with each game decided by one run.

THE ASSOCIATED PRESS

unorthodox move with media on Sunday. Most players, once they are in a major-league environment, don't ever want to see the minors again unless they are on injury rehab. Sanchez is not injured but is trying to prevent injury, even though any connection between a 24-year-old's innings count and potential arm problems are unproven.

"I'm going to continue doing everything I would do on a normal five days, bullpens included," Sanchez said. "I'm going to continue what I've done here, I still have to get ready, it's not like my season is over so it's normal work when I go down there, nothing changes for me."

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RECIPE Chicken Paillard with Basil Avocado Salsa

PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

What do you make in a heat wave? Dinner salads like this that are short on cooking time but long on flavour.

Ready 20

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced
- 2 tsps olive oil

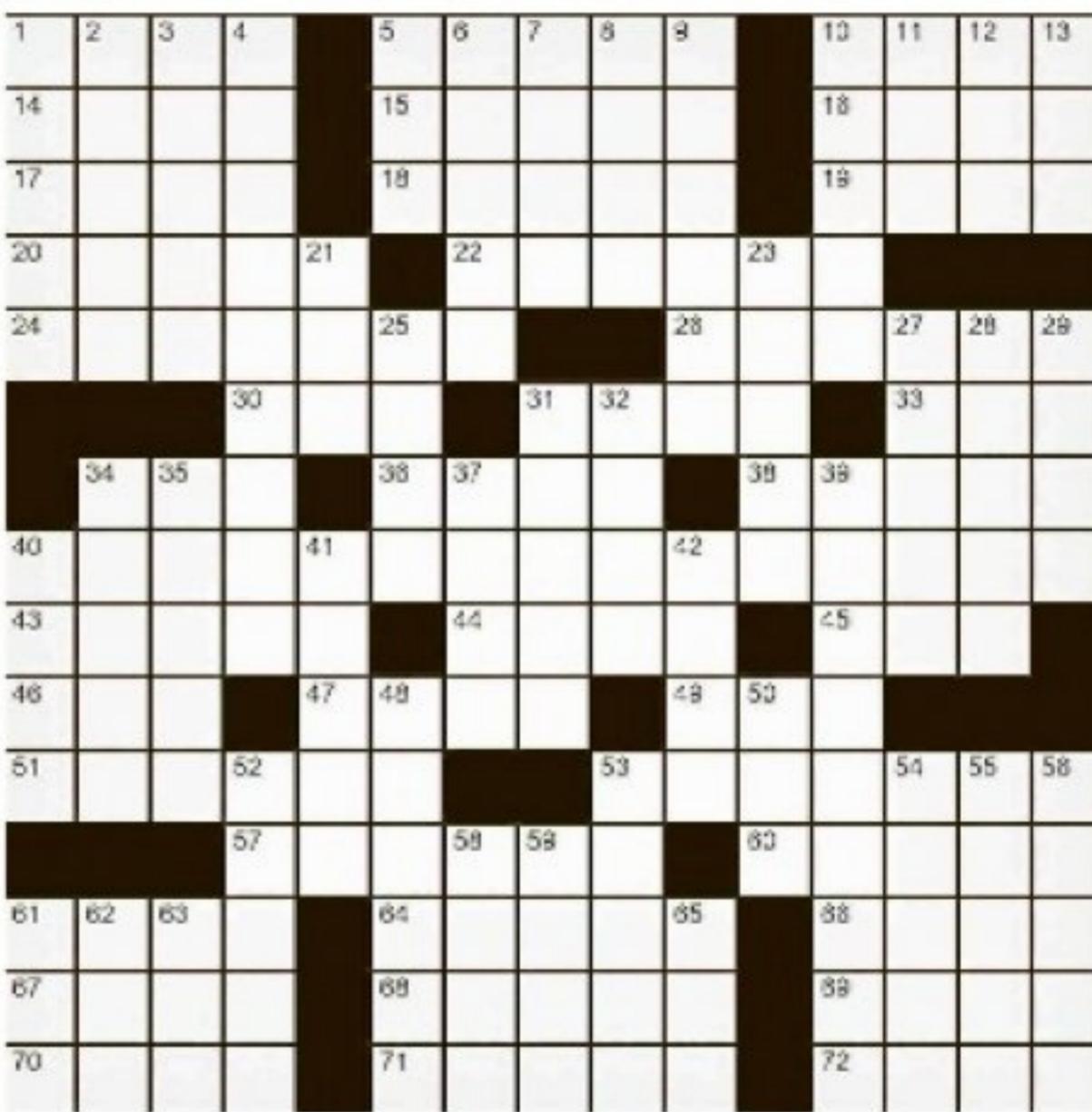
Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.
2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.
3. Lightly oil grill grate with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)
4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. "... Can You Hear Me?" by Barbra Streisand
5. Arf! __ Apso
10. Bonfire bit
14. Pronto! to a CEO
15. Boring tool
16. Go back-packing
17. Giddy-up helper
18. Band Eric Clapton once was in
19. Particular
20. Cylindrical crops-containing country constructions
22. Acting do-over
24. New\$ Story, The __
26. Skims, as soup
30. __ generis (Unique, in Latin)
31. Chunk
33. US state
34. Mai __ (Cocktail)
36. Design style, Art __
38. Hawk's home
40. "Rich Girl\$" Canadian band: 3 wds.
43. Not napping
44. Souls: French
45. Smidgen
46. Ms. Streep, to pals
47. Hope of US soccer
49. "Where the Boys __" by Connie Francis
51. __ Little Liars"
53. Defended,



as a castle
57. Take to be true
60. Topic
61. Car rental company
64. Verity
66. Barbera d'__ (Wine of Piedmont, Italy)

67. Great __ Valley
68. "Doctor Dolittle" (1967) star Samantha
69. Mount __ (Site of King David's Tomb in Jerusalem)
70. Lawyer's undertaking
71. Respite

72. Goes off course
DOWN
1. Out of style
2. Savoury gelatin
3. Brazil's Sao __
4. Feature in a farmhouse-style kitchen: 2 wds.
5. Quebec locale, __-Beauport
6. Go about things quickly
7. James __ (Pulitzer-winning writer)
8. Chair
9. The Spanish __
10. Crook
11. Drollness

12. White House nickname
13. Bit of bling
21. Q. __ is the alphabet's 21st letter then? A. "Correct."
23. Shish __ (BBQ sizzler)
25. Skirt length
27. Left ventricle tube
28. __ and true (Reliable)
29. Visionary
31. Chump
32. Actor Chad
34. Calgary __ (Downtown Calgary attraction)
35. Mindful
37. And others [abbr.]: 2 wds.
39. Town in southeastern Saskatchewan
40. Rather wet
41. Kanye, Mae and Adam
42. Isaac's older son
48. Pearl source
50. City creature
52. Flavour
53. Bug: 2 wds.
54. Nora Ephron's writer sister
55. Curve
56. University big-wigs
58. Press
59. Java cups
61. Joan of __
62. Train name in Canada
63. Perhapses
65. Time units, briefly

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next four weeks, you want to get organized! Your priority is to be efficient, effective and productive!

Taurus April 21 - May 21
Lucky you! The next four weeks are full of opportunities to enjoy sports events, vacations, parties, playful activities with children and romantic adventure.

Gemini May 22 - June 21
Home, family and your private life will be your primary focus in the next month. Continue with repairs and redecorating projects.

Cancer June 22 - July 23
Your daily pace will accelerate for the next four weeks because your agenda is busy. Short trips, errands, conversations with many people and increased reading and writing are just some reasons.

Leo July 24 - Aug. 23
Now your attention turns to money, earnings and possessions. Listen to your creative side about money-making ideas in the next few weeks.

Virgo Aug. 24 - Sept. 23
Today the Sun enters your sign, where it will stay for the next four weeks attracting people and positive situations to you. It's your turn to re-energize and restore yourself.

Libra Sept. 24 - Oct. 23
Use the next few weeks to start to plan what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines. What's to lose?

Scorpio Oct. 24 - Nov. 22
Everyone wants you on his or her team in the next four weeks, which is why your popularity will increase. Enjoy schmoozing with others.

Sagittarius Nov. 23 - Dec. 21
For the next four weeks, the Sun is at the top of your chart. This is the only time all year this occurs, and it makes you high-viz with everyone, especially bosses and VIPs.

Capricorn Dec. 22 - Jan. 20
Travel if you can in the next few weeks, because you want to push the boundaries of your world. You want more out of life.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and inheritances are a strong focus for you in the next few weeks. Tie up loose details, because things will go in your favour.

Pisces Feb. 20 - March 20
For the next four weeks, the Sun is opposite your sign, giving you a chance to get a better handle on your style of relating to those who are closest to you. Use this to learn something valuable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1				4
	3		6	2
		1	9	
2		4	3	
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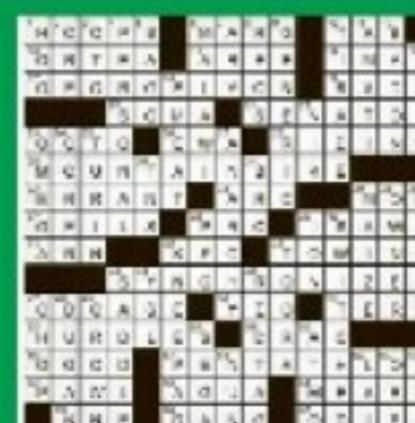
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FRIDAY'S ANSWERS

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for more fun and games go to
metronews.ca/games



3	9	7	8	1	5	2	6	4
1	8	4	3	2	6	9	5	7
6	2	5	7	4	9	1	8	3
5	4	2	9	3	1	6	7	8
7	6	3	2	5	8	4	1	9
8	1	9	6	7	4	3	2	5
4	7	8	1	6	3	5	9	2
2	5	6	4	9	7	8	3	1
9	3	1	5	8	2	7	4	6

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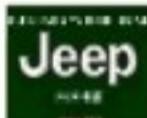
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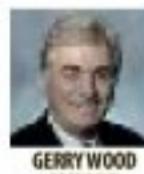
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10 YEARS



HAN KIM
24 YEARS



JOE CHIARIZIO
48 YEARS



AARON SNOWIE
8 YEARS



MICHAEL CYBULSKI
10 YEARS



PHIL LAWRENCE
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JOHN QUINLAN
13 YEARS



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RAY BURNETT
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JIM NARFASON
22 YEARS



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